

STUDY SMARTER

Term 3 Guide

Techniques for studying
SMARTER, not harder.



Manaakitanga

We care for
ourselves,
each other and
our school.



Pono

We are honest
and do the
right thing.



Whakawhanaungatanga

We build strong
relationships and
belong together.



Whakamana

We empower
ourselves and
others to succeed.

IN THIS GUIDE:

- 01 Start With the End in Mind
- 02 Turn Your Weaknesses Into a To-Do List
- 03 Stop Rereading and Start Retrieving
- 04 Use the Three-Box Flashcard Method
- 05 Study Little and Often

...and more!



Small steps.
Big progress.

You've got this!

INTRODUCTION

Many students think the real pressure starts in Term 4 when exams arrive. They're wrong.

Term 3 is often the most important study term of the entire year.

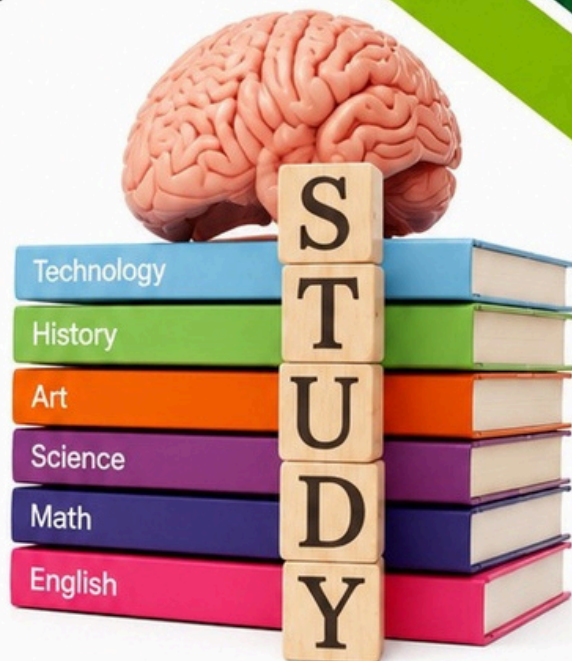
Across New Zealand and Australia, many secondary schools run practice exams, prelims, mocks, or derived grade examinations during Term 3. While these can look intimidating, their real purpose is much more valuable than just a grade.

Practice exams are not designed to prove what you know. They are designed to reveal what you don't know.

Think of them as a diagnostic tool. A mechanic doesn't inspect your car because they expect it to be perfect. They inspect it to find the problems before they become serious. Practice exams do exactly the same thing for learning.

Students who use Term 3 wisely often walk into Term 4 feeling confident and prepared. Students who ignore the feedback often spend the final weeks before exams feeling stressed and overwhelmed.

The good news? There is still plenty of time.



“ *The goal isn't perfection.
The goal is progress.
Use Term 3 to learn
from your mistakes,
strengthen your understanding,
and build confidence
one step at a time.* **”**

WHY TERM 3 MATTERS



FIND THE GAPS

Discover what you don't know so you can fix it before the real exams.



IMPROVE STRATEGIES

Learn what works for you and use it to study smarter.



BUILD CONFIDENCE

Enter Term 4 prepared, focused and believing in yourself.



RESPECT

We care for ourselves, each other and our school.



WHĀNAU

We belong, we connect, we support each other.



RESILIENCE

We keep going, we learn from challenges, we bounce back.



EXCELLENCE

We aim high, we give our best, we celebrate success.

01 **START WITH THE END IN MIND**

Before you open a textbook, take time to understand what success looks like.

Ask yourself:



What exams do I have this year?



What topics will be assessed?



What grades am I aiming for?



It's like setting off on a road trip.
**Know your destination so
you can plan the best route.**

YOUR ACTIONS:



Check your assessment schedules and exam dates.



Look at past papers or assessment outlines.



Break down what you need to know for each subject.



Set clear goals for each assessment and for the term.



Review your goals regularly and adjust your plan.



“

A goal without a plan is just a wish.



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WHAKAMANA

02 TURN YOUR WEAKNESSES INTO A TO-DO LIST

After your practice exams, avoid the temptation to simply look at the grade.
The grade is not the most valuable information.
The **mistakes** are.

Every incorrect answer tells you something important. It highlights a **gap** in your understanding that can be fixed before the real exam.

CREATE A SIMPLE TABLE:

WHAT I GOT WRONG	WHY I GOT IT WRONG	WHAT I NEED TO LEARN
 List the question or topic.	 Was it a misunderstanding? Did I run out of time? Did I misread it? Did I not know enough examples?	 What do I need to review or practise? What resources will help?



THIS BECOMES YOUR STUDY ROADMAP



Focus your study time on what you don't know.



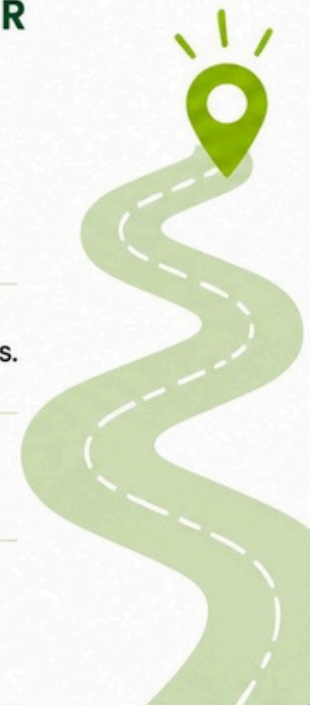
Fix the gaps, not just the symptoms.



Track your progress.



Go into the real exam confident and prepared!



03 **STOP REREADING AND START RETRIEVING**

One of the biggest mistakes students make is spending hours rereading notes and highlighting textbooks. It feels productive, but it's one of the least effective ways to study.

Your brain strengthens memory when it has to retrieve information, not when it simply sees it again.

TRY ACTIVE RETRIEVAL INSTEAD:



Cover your notes and explain the topic out loud.



Answer practice questions.



Teach the concept to someone else.



Write everything you can remember.



Check your notes and fill the gaps.



THE MORE EFFORT YOUR BRAIN PUTS INTO RECALLING INFORMATION, THE STRONGER THE MEMORY BECOMES.

QUICK RETRIEVAL IDEAS:



Use flashcards
(see next page).



Make quick
quiz questions.



Mind map
everything you know.



Look, cover,
write, check.



Discuss and
explain.



Set a timer and
test yourself.



04 **USE THE THREE-BOX FLASHCARD METHOD**

Flashcards are one of the best tools for learning factual information, definitions, formulas, dates, and key concepts.

THE THREE BOXES:



Each day, move cards forward when you answer correctly. If you get one wrong, move it back.



Over time, you'll spend **less time** on what you know and **more time** on what you still need to learn.

HOW IT WORKS

- 1 Study cards in Box 1.
Test yourself.
- 2 If correct → move to Box 2.
If incorrect → stay in Box 1.
- 3 Review Box 2 cards.
If correct → move to Box 3.
If incorrect → back to Box 1.
- 4 Review Box 3 cards regularly
to keep the information strong.



WHY IT WORKS



This process of spaced repetition strengthens your long-term memory.

*Little and often
beats last-minute
cramming.*



05 STUDY LITTLE AND OFTEN

Your brain prefers regular exercise over occasional marathons.

Many students leave study until the weekend and then attempt six-hour sessions. Unfortunately, much of that learning is quickly forgotten.

AIM FOR:



- ✓ 20–30 minutes per subject
- ✓ Several times a week
- ✓ Regular review of previous learning



Consistency beats intensity.
Small steps every day = **big results**.

WHY IT WORKS



Short, regular study sessions help your brain absorb and store information more effectively. It's like **exercise** for your brain!

QUICK TIPS:



Plan your study times just like any other important appointment.



Remove distractions for short blocks of time.



Use a timer – focus for 20–30 minutes, then take a 5 minute break.



Review, repeat, remember!

*Little
and often
leads to
big success!*



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WHAKAMANA

06 LEARN FROM YOUR SUCCESSES

Practice exams are not only useful for identifying weaknesses. They also reveal your strengths. Look carefully at the questions you answered well.

ASK YOURSELF:



What study strategies worked?



How did I prepare for that topic?



What helped me remember the information?



What will I do again next time?



Success leaves clues.
When you understand why something worked, you can repeat that process in other subjects.



Use your strengths to build confidence and create **momentum**.

HOW TO USE YOUR STRENGTHS:



Keep doing what works – make it part of your regular study routine.



Share your strategies with study buddies and learn from them too.



Apply the same approach to other subjects or topics.



Reflect regularly – what worked this week? What could I improve next week?



Build on small wins to achieve big goals!

“

Learn from your **wins**. Improve your **method**. Achieve your **goals**.



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2026

STUDY SMART: YOUR TERM 3 GAME PLAN

Small, smart actions today = big results tomorrow.

01



START WITH THE END IN MIND

Know your goals, topics, and what success looks like. Check assessment schedules and plan ahead.

02



TURN WEAKNESSES INTO A TO-DO LIST

Review your practice exam. Focus on mistakes, gaps, and the areas you need to learn.

03



STOP REREADING & START RETRIEVING

Use active recall to retrieve information from your brain. It builds stronger memory.

04



USE THE THREE-BOX FLASHCARD METHOD

Box 1: Don't know yet
Box 2: Starting to remember
Box 3: Know well
Review and move cards daily.

05



STUDY LITTLE AND OFTEN

Aim for 20–30 minutes per subject, several times a week. Consistency beats cramming.

06



LEARN FROM YOUR SUCCESSES

Look at what you answered well. Understand why it worked and repeat it.

07



MANAGE THE DISTRACTIONS

Turn off notifications. Put your phone away. Create a quiet space and protect your focus.

08



BUILD CONFIDENCE THROUGH ACTION

Confidence comes from doing. Every step forward builds momentum and belief in yourself.

09



DON'T STUDY ALONE

Quiz, teach, and discuss with others. Two heads really are better than one!

10



REMEMBER THE PURPOSE

Practice exams are designed to help you grow. Use the feedback and keep improving.



YOUR WEEKLY CHECK-IN

- ✓ Do I know my goals and what I'm working towards?
- ✓ Have I reviewed my practice exams and set actions?
- ✓ Have I studied a little each day this week?
- ✓ Have I used active recall and flashcards?
- ✓ Have I managed my distractions and protected my focus?
- ✓ Have I reflected on what worked and what I can improve?

NEED EXTRA HELP? Try an AI Study Tutor!

AI study tutors can explain concepts, answer questions, create quizzes, summarise notes, and help you understand tough topics 24/7.

Recommended Tool:



Julius

Your AI Study Companion
Packed with study tools
to help you learn smarter.



Check it out here:



julius.ai/?via=study