Homework and Study Banks

One of the key strategies to obtaining the highest possible scores is **consistent and regular study**. Those students who leave their homework and exam preparations to the last minute will never derive the full benefits from their study efforts. Higher levels of stress reduce the amount of information that can be input into memory as well as increasing the time required to learn materials “off by heart.”

Those students who are interested in reaching their full academic potential, yet want to minimise stress and study time, should be consistently dedicating four weeknights and one whole day over the weekend for study related purposes.

**Weekday study periods** should be in the order of **3-4 hours (2.5 hours for Year 11 students)** and **approximately 8 hours over the weekend (6 hours for Year 11 students)**. This means that Year 12 students should be engaging in between 20 and 24 hours of study outside the classroom each week (16 hours for Year 11 students).

**Ideal study nights include:**

Monday – Thursday with Friday evening off.

A four-hour study session (3 hours for Year 11 students) on Saturday morning, followed by a one to two hour break and then another four-hour study session (3 hours for Year 11 students). Alternatively, students may choose to execute one 3-4 study session on each weekend day.

**Note:**

- Private tutorials, lectures and weekly tuition classes such as the Master Classes are considered to be study and can be included in the **20-24 hour weekly study requirement**. Time spent addressing homework, writing up notes and working through exam questions also counts as study.

- **Aim for at least 4 hours of study per weekday across the school holidays.** Year 12 students should be dedicating the bulk of their school holidays to study.

- Time spent studying during free periods, lunch breaks and travelling all count as outside classroom study (OCS) time.

Those students who engage in such a consistent study regime from the beginning of the school year will not be required to engage in long, extreme and stressful study sessions in the weeks leading up to tests and examinations.

**PTO**

“Success is not measured by what you accomplish but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds.” O.S. Marden
Study Banks

How students timetable their study sessions is heavily dependent upon individual commitments, aptitude and concentration levels. To accommodate variations in schedules and motivation levels, we recommend that students set up "Study Banks". As an example, if your aim is to complete 21 hours of outside classroom study (OCS) each week, you could set up a debt with the

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\text{Study Bank for 3 hours each day} \quad \left( \frac{21 \text{ hours}}{7 \text{ days}} = 3 \text{ hours / day} \right)
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If you do not feel like studying one evening or you would like to participate in a special event – you may, but you create a 3 hour debt with the Study Bank each time.

As with normal banks, all debts to the Study Bank need to be re-paid. And the longer it takes you to repay any loans or debts accrued, the greater the penalties that are imposed! This means that the longer you delay your studies, the more time it will take you to complete a set amount of work. So if you do wish to save on study time, it is always more time efficient to complete homework within 24 hours of learning/reviewing that material, and when stress levels are low.

Although it is not possible to measure the amount of time that is wasted/lost when students postpone their studies, we can introduce a conservative penalty system to help deter students from falling out of a regular study regime.

Any time owing to the Study Bank at the end of each term will have an interest rate of 25% applied. This means that each hour of debt owed to the Study Bank at the end of each term will accrue an additional 15 minutes of study time.

As an example:

Due to many personal commitments, Sally is only able to commit to 17 out of the 21 hours of OCS per week across her first term of Year 12. This means that across the 10 week period, Sally has accrued a debt of 40 hours. Sally will owe the Bank 40 hours of study PLUS 10 hours of interest, which will need to be repaid across the Term 1 school holidays.

Managing the Bank

You will note that the penalties imposed by the Study Bank are considerably higher than at conventional financial institutions, but the effects of procrastination can be huge. Students who do not engage in consistent study and/or leave their exam preparations to the last minute will suffer from higher stress levels and larger workloads, and will obtain lower scores than otherwise possible.

So although the number of OCS hours required may seem confronting, commit to a regular study regime as soon as you can. Set up a Study Bank each week and aim to repay the Bank what you owe on a fortnightly basis. Chip away at your OCS tally wherever you can. Give up a lunch time here and there, use your free periods at school, study whilst you are walking, soaking in the bath, on your way to school and even in the dentist’s lounge! A little effort here and there will help you reach your OCS target much more quickly – and will also make a noticeable impact on your VCE scores.

Regards,
The Team at TSFX.