

# Digital Thumbprint

## Student Top Tips: Digital Balance

Finding a balance with your screen time and study habits is really important. The following tips will assist you in being productive with your studies.

### Use retrieval practice to test yourself on new material. ✓

- Retrieval practice is testing yourself regularly about the key ideas in anything new you're learning. One common way of this is creating flashcards of the key ideas as you're reading the material for the first time and then testing yourself regularly.

### Using study methods that make you think. ✓

- The more difficult it is to study a certain way (i.e. the more you must think), the more likely it is to lead to long term learning.
- Creating quizzes is harder than highlighting key passages, but you're more likely to learn more over the long term.
- Re-reading your textbooks is inefficient.

### Organise your learning. ✓

- Manage your time so that you're studying when you're focused.
- Make sure that the only thing that is difficult is the process of studying itself.
- Some applications/programs can help you identify when you're most productive.

### Don't cram. ✓

- Cramming is only effective if you can cover everything you might be asked about within the day of an exam. After the first day, it leads to a higher rate of forgetting than spaced study.

### Don't try to multi-task during study. ✓

- Reduce distractions (using programs or applications if you wish) so that you're not tempted to multi-task.

### Mix up your problem types. ✓

- Make sure you switch between different but related types of problems or questions in order to help you understand the underlying principles quicker.

### Space out your study. ✓

- The spacing effect is the phenomenon where you spread out studying what you need to learn over time, regularly revising material that you've previously studied. There is an algorithm that determines the best way of spacing out study materials and many of the programs listed below use this algorithm.

### Get feedback. ✓

- Get feedback on how you're performing and concentrate on the areas where you're struggling. Software that helps you create quizzes or flashcards is often useful here.
- While you need feedback to see where you need improvement, wait until you've made a genuine attempt to solve the problem before seeking feedback.

### If you need more help or information contact: ✓

#### Kids Helpline

call **1800 55 1800**

visit [kidshelpline.com.au](http://kidshelpline.com.au)



**kidshelpline**  
Anytime | Any Reason

or

#### Office of the eSafety Commissioner

visit [esafety.gov.au](http://esafety.gov.au)



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