



OBILIC BASKETBALL CLUB ACADEMIC ADVICE

At OBILIC BASKETBALL we do not only encourage our players to train hard to become great basketball players, we also encourage them to study hard and strive for great results in the classroom. People have different ways of doing things in life, whether it be training or studying. What may work for some, may not necessarily work for others. The list below is only a helpful guide on how to complete academic work and get an extra step ahead.

- If you feel that you're lazy, the best thing to do is set-up a timetable that has everything you do each day, because if you get into the habit of following this timetable work will be so easy.
- There's a big chance that you will give up on the timetable. If so, find out what you will never break. E.g. make a promise to yourself or say something that motivates you.
- When doing work get comfortable in the environment.
- Write down what needs to be done in order of importance.
- Allocate time spent on each topic.
- Have everything you need right in front of you.
- It is important to have a neat and organised desk so therefore you work at a optimum speed.
- Always summarise work learnt each day and if possible in your own words.
- Complete all work assigned each day.
- Always thoroughly check work that needs to be handed in.
- Always prepare in advance for an exam, minimum 1 week.
- Do an extra exercise on each topic.
- Allocate a section where the work that you are not so strong on is clearly presented and importantly summarised in your own words.
- Have a break every 45 – 60 minutes.
- Don't spend too long on just one topic.
- The aim is to get everything done in the allocated time, and if you need more time go back to it after you completed the other work. This will let you know how much of the work you have remembered when you come back.
- Allocate about 45 – 60 minutes for each topic or session.

EXAMS:

- Don't stress... relax.
- Hum a song or something that calms your nerves.
- Go through questions as quickly as possible.
- Never reread a question 3 or more times.
- Skip and go onto the next if you are having trouble.
- Your aim is to get all the questions you can instantly answer first, therefore leaving you plenty of time for the others that need more attention and concentration.
- Circle the question number that you didn't answer clearly so that you can't miss them when you go back to attempt them.
- When reading a question, underline what they want from you. This also applies when reading an article; underline all that you think is important.

OPTIMUM MEMORY PROGRAM:

- To achieve the best mark you can, you will need patience and especially need to persevere. But what is also vital is for you to recall information at the click of the finger. There's two places to place this. The *temp sub* and the *subconscious mind* (or long term memory).
- It will take a bit of time to master this technique. At least 21 days for you to get into the habit.
 1. In the first hour after you have learnt something, briskly reread what was learnt. (15 minutes)
 2. The next day do it once again. (10 minutes)
 3. One week after. (5 minutes)
 4. Once a month and there after. At this stage you should only be spending 2 to maximum of 5 minutes going over the notes.
- By the time the exams come, everything will be firmly placed in the brain and there's no way you can go wrong unless you fail to read the question properly.
- REMEMBER, IT'S REAL HARD WORK AND TESTS OUT YOUR WILL POWER, BUT DON'T GIVE UP. THE ONLY ONE YOU'RE DOING IT FOR IS YOURSELF. SUCCESS DOESN'T COME TO YOU, YOU COME TO IT.