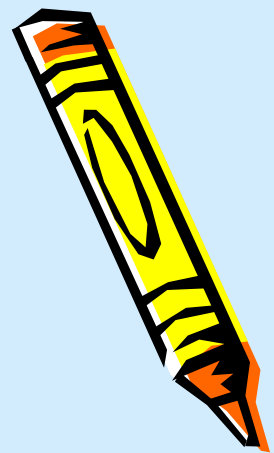


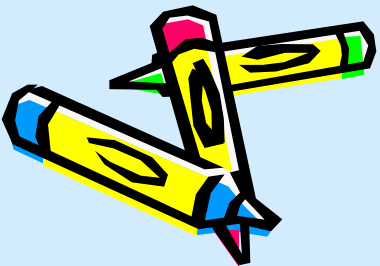
100



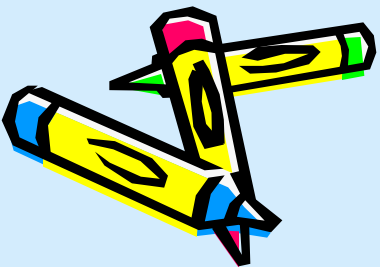
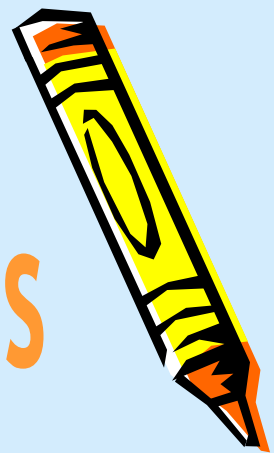
TRUQUES

para estudares

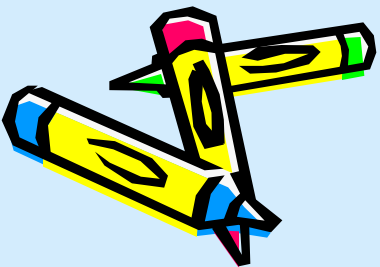
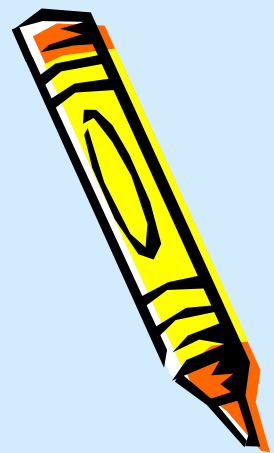
melhor



Estes são apenas alguns truques
que te poderão ajudar a
organizar o teu estudo e a
torná-lo mais eficiente.



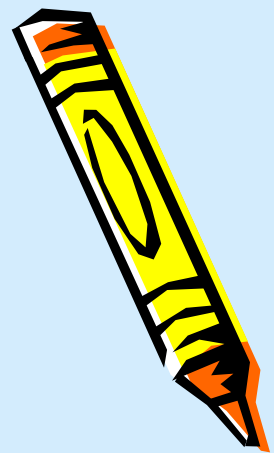
O importante não é
estudar muitas horas
mas sim aproveitá-las
o melhor possível.



1.

Planifica

o teu estudo:

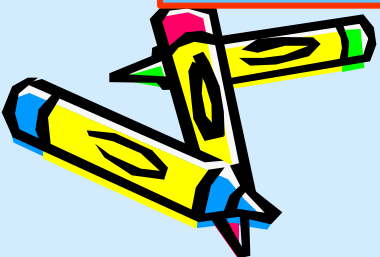




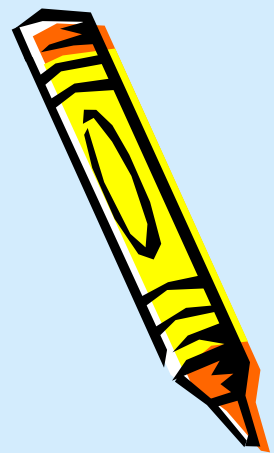
* Faz um horário com todas as atividades do teu dia:
escola, estudo, desporto, atividades extracurriculares,
lazer...

* Organiza o teu local de estudo:

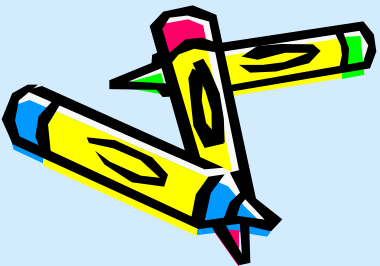
- . Escolhe um local com boa iluminação e confortável;
- . Desliga a televisão, o telemóvel, o computador e tudo aquilo que te possa distrair;
- . Coloca em cima da mesa todo o material que vais necessitar: livros, cadernos, fichas, canetas... Para evitar que te levantes muitas vezes e interrompas a tua concentração.



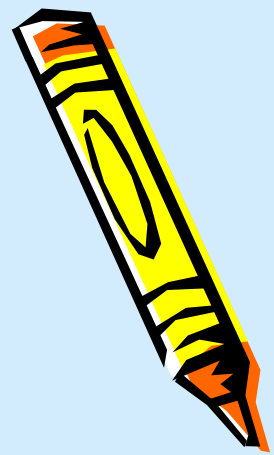
2.



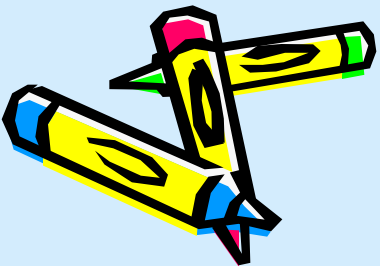
**Estuda diariamente
durante
1h ou 2 horas**



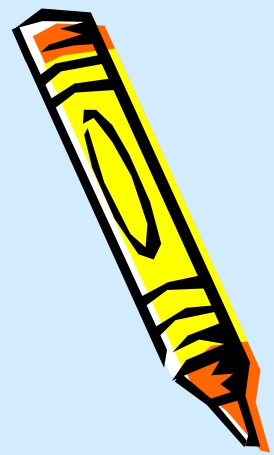
3.



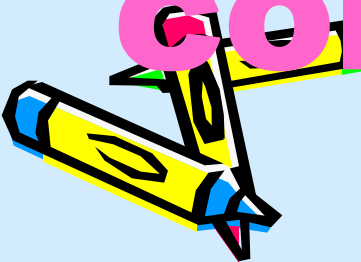
**Estuda por períodos de
40 a 50 minutos**



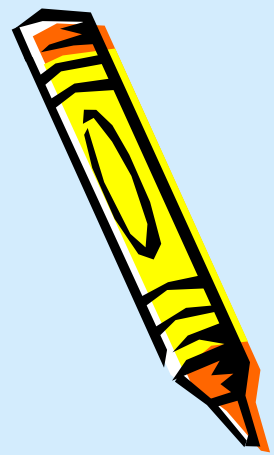
4.



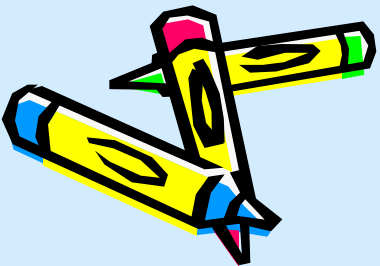
**Faz intervalos de
5 a 8 minutos
para descansar e
continua a estudar**



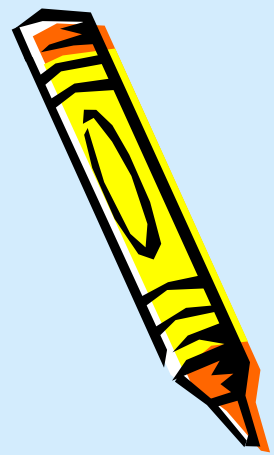
5 .



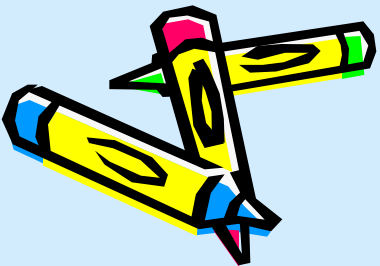
**Começa pelas disciplinas
mais difíceis ou
mais importantes**



6 .

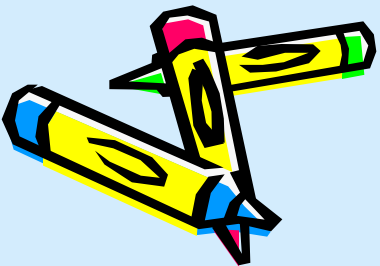
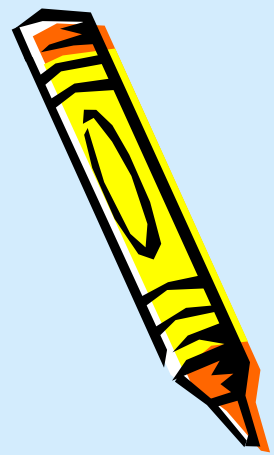


**Tira apontamentos
durante as aulas**

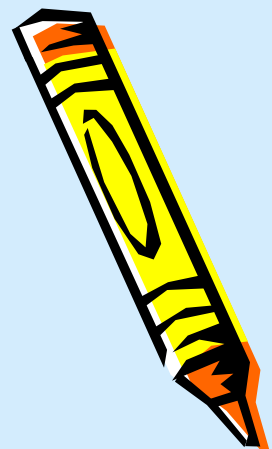


7.

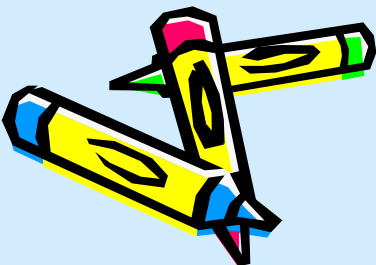
Sublinha as
ideias principais



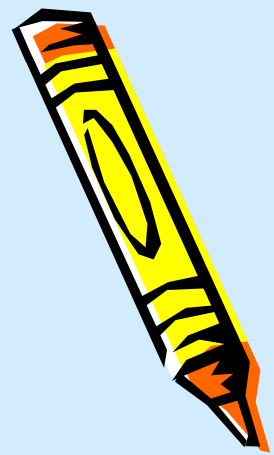
8 .



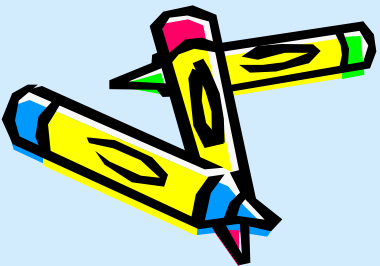
Descobre as
palavras chave



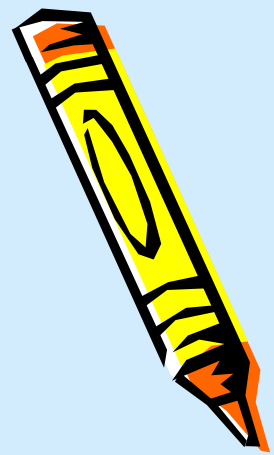
9 .



Faz resumos



10.



Faz esquemas
e ou quadros



Bom Trabalho!

