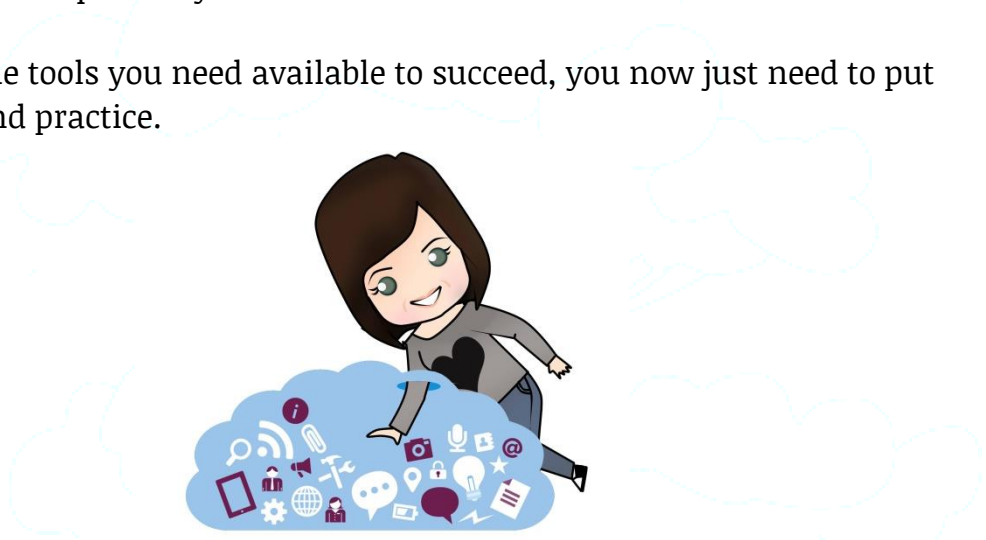


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Tool/Technique	Description
Unhelpful Thinking	Remember the connection between our thoughts, emotions and behaviours. Practice stopping yourself and altering the negative thought to more realistic and helpful thoughts. Ask yourself whether your thought is fact or opinion.
Dominant Brain	Understand your dominant brain and tailor your study technique to suit you.
Planning	Make sure you have a study plan
Mind Map	Use mind mapping to document your plan and help with study technique for all your topics.
Speed Reading	Find the technique (or techniques) that work well for you - Meta Guiding, Skimming, and Perceptual Expansion.
Representational System	Remember that we all have primary representational systems. Use this to your advantage when studying for any exam.
Association	Use this technique for increasing your memory retention.
Strategies	Use the techniques that work best for you – Day 4.
Visuals	Use the submodality elicitation and swish pattern for success.

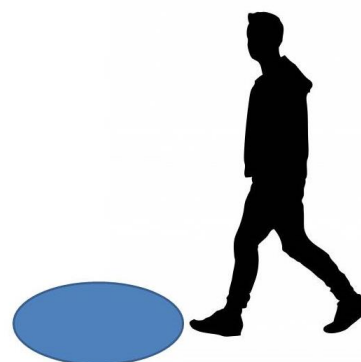
Study Smart

Anxiety	We spent the whole of Day 6 talking about how you could take control of anxiety and stop allowing it to control you.
Confidence	See technique below.

We added confidence to the end. It is something we haven't talked about during the Study Smart programme. We realise that some people need that extra bit of self confidence just before an exam – and indeed in many areas of our lives. We wanted to teach you one final technique. It is called the 'ring of confidence'.

Before you start the exercise you need to think about a time when you felt absolute confidence. There will be a time; it may be deep inside you. Take the time now to think about it, you will need it to complete the exercise.

1. Imagine a 'ring of confidence' in front of you as a circle about 2 feet in diameter. This can also be another shape if you like; mine is a heart.



2. Now remember a time when you were totally confident. This can be anything at all; it doesn't have to be work related. If it is an image think of the image now.
3. Go back to that time; feel the feelings that you felt, hear any sounds associated with the image. Are there any smells associated with this time, if there are then imagine them too. Get to a stage when those feelings are at their greatest.
4. Now step forward onto your circle (or whatever shape you decided to use). Feel the confidence rise up from the floor below you, double and triple those feelings, really enjoy standing in that state of confidence.
5. Once you notice the feelings subside step out of the circle.
6. Now you can test your new 'ring of confidence'. Imagine yourself putting your shape down in front of you and step into the shape. What do you feel? If the anchor has worked then you will feel a huge sense of confidence. If it doesn't work repeat the steps above again and make sure you are using a time when you really felt confident.

Take the 'ring of confidence' with you anywhere; imagine you have picked it up and put it in your pocket or bag or wherever you can easily access it. No-one need know you have it with you; this is yours and can be invoked wherever you want. All you need to do is take out the circle (or shape you chose) imagine yourself placing it on the ground and step into it to get your immediate confidence boost.

You can use this technique to invoke other states, such as motivation, happiness, calm, tranquillity, control, relaxation etc.

TODAYS TASKS:

- Run through the 'ring of confidence' technique.
- Keep practicing re-framing your negative thinking.
- Is there anything else you need? If there is, as always, just ask

Good luck with your studies and exams.

