

Dear [Sister's Name],

Hey there! I hope you're doing well and not too stressed about your upcoming exams. I know how overwhelming things can get, so I thought I'd share some study tips that helped me when I was preparing for my exams. Hopefully, you'll find them useful!

- 1. Make a Study Plan:** Start by making a simple study timetable. Divide your subjects into small, manageable chunks and assign time slots for each. Don't forget to add short breaks and some time for revision nearer to the exam.
- 2. Minimize Distractions:** Try to find a quiet place to study. Keep your phone away or on silent mode, and log out of social media while you're studying. A clean, organized desk can really help you focus better.
- 3. Use Active Learning Techniques:** Instead of just reading your notes, try writing things down in your own words, making flashcards, or teaching a topic to someone else. Discuss tricky concepts with friends-sometimes talking out loud makes things stick!
- 4. Take Regular Breaks:** Don't force yourself to study for hours without stopping. Take a 10-15 minute break every hour-stretch, grab a snack, or listen to music. It helps your brain recharge.
- 5. Stay Balanced:** Remember to look after yourself. Eat healthy food, sleep well, and don't skip meals. Your brain works better when your body is healthy!

Everyone studies differently, so don't stress if something doesn't work for you-experiment and see what helps you the most. Stay positive, keep going, and believe in yourself. I'm always here if you need any help or just want to chat!

Lots of love,  
[Your Name]