

Hey [Sibling's Name],

Hope you're doing okay! I just wanted to check in and share a few things about my daily study routine while I'm prepping for exams-I figured it might help you too.

So, I usually start my day by making a quick plan, nothing too fancy. I jot down the subjects I want to focus on that day, picking the tougher ones for when I feel most alert (usually morning). I set realistic goals-like two chapters of maths, or revising one history topic at a time. That way, I don't feel overwhelmed, and it's super satisfying to tick things off as I go!

One thing I've found that helps a ton is sticking to short, focused study blocks-like 45 minutes on, then a 10-minute break. During the break, I either stretch, grab a snack, or just listen to music. It honestly makes it way easier to focus when I get back to the books. I've noticed if I push for hours without stopping, my brain just zones out.

Also, I try mixing up subjects to keep things interesting-like doing some science after working on literature. It keeps me from getting bored or stuck on the same topic all day. And I don't forget to slot in some downtime in the evening to chill out, watch a show, or chat with friends-it seriously helps manage stress and keeps me motivated.

Anyway, just wanted to let you know my routine, in case you want to borrow any ideas. Remember, everyone's style is different, so do what works best for you! You've totally got this. Let me know if you ever want to study together or trade notes.

Take care and good luck!

[Your Name]