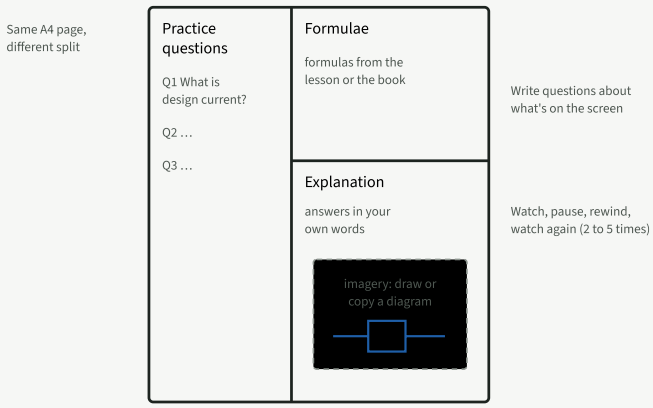
PAGE LAYOUT 2: PRACTICE QUESTIONS, AND FIVE-MINUTE BREAKS

HOW LONG SHOULD A STUDY BREAK BE?

PAGE LAYOUT 2: PRACTICE QUESTIONS

A second layout, very similar to the first. Down the left, write **practice questions** about what's on screen. On the right, a box for **formulae** and a box for **explanations**, which can include **imagery**: draw or copy a diagram from the book if that helps you remember it.



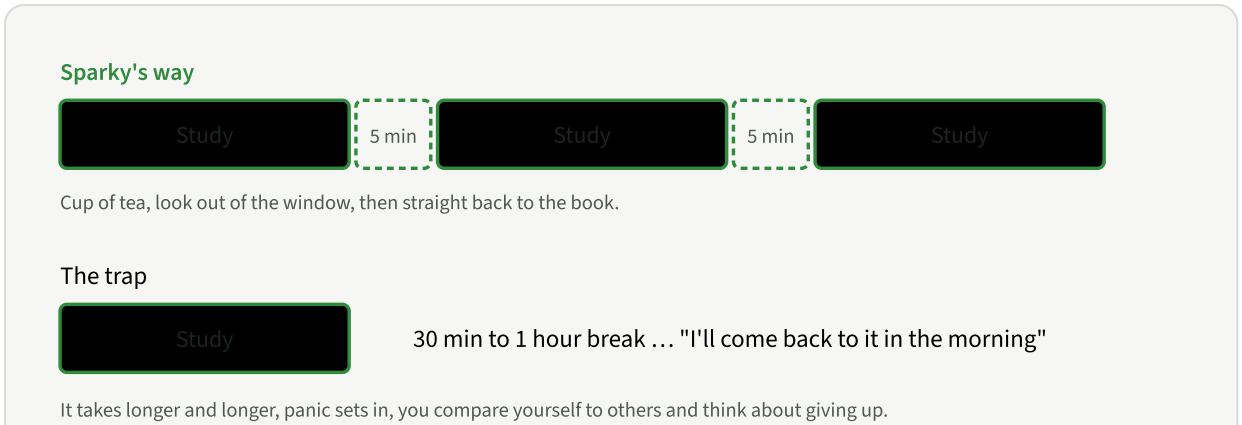
Sparky's second layout: practice questions down the left, formulae top right, explanation (with a sketch if it helps) bottom right.

Example: *What is design current?* The explanation given is as good as there is, and it doesn't go particularly deep. **Watch it, pause it, rewind it, watch it again**: two or three times, four or five times if you need to.

> **Worth tabbing** · design current (Ib) is defined in **BS 7671 Part 2** (Definitions) · look it up and tab it

FIVE-MINUTE BREAKS

If it feels like it's going in one ear and out the other, take a **mini break**. Not the half-hour or hour-long "I need to clear my head" break, and not "I'll come back to it in the morning". Studies show the brain needs about **five minutes** to reset.



- Go downstairs, make a cup of tea, look out of the window for a couple of minutes, then **straight back** in front of the book. Five minutes, no more. It takes **discipline**.
- Long breaks lead to a spiral: it takes longer and longer, you panic about when you'll get through it, you compare yourself to others who seem ahead, you think "I can't do this", and you give up.

Free section from Sparky Study Notes. The full Level 3 notes, 1,463 practice questions and the video lessons: sparkystudynotes.co.uk