

STUDENT GUIDE

How to revise with askola™



***This guide teaches you how to get the most out of
the askOLA platform as well as some study tips
from our very own OLAs!***

DOWNLOAD NOW

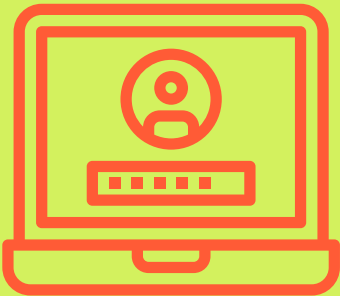
Some quick reminders...

The process of ask^{ola}TM

is as easy as 1,2,3

01

Log in to askOLA.io



02

**Select the subject
you need help with**



03

**Have a chat with a
subject specialist
OLA**



***askOLA is available 7 days a week to ensure that YOU
get the learning and wellbeing support that you
need, whenever you need it!***

askOLA is open 9am-9pm weekdays and weekends.



No cameras, no microphones, no pressure.

Make a plan!

Here are some examples of daily promises you can make to yourself to help you revise more effectively!





askola™

“

***Stop
dreaming
and start
doing.***



BEFORE STUDYING MAKE SURE...

3 tips for your work space!

1

Declutter your space! A clean room is a clean mind. Not only will your parents thank you for this, but it makes finding things and concentrating a lot easier!

2

Do not, I repeat do not, study on your bed! Your bed is a place you switch off in. Though it is comfy, you do not want your brain to associate your bed with studying. So try sitting at your desk or kitchen table instead.

3

Limit ALL distractions! You might hate me for saying this but you know I'm right! Turn off your phone and put it in a drawer whilst you study. Your brain can't focus on your work if you're scrolling on Instagram - unless it's askOLA's Instagram of course! (@askola.io)



5 STUDY TIPS

RECOMMENDED BY OUR OLAS!

01



DISCOVER YOUR LEARNING STYLE

Are you a visual, kinesthetic or auditory learner? [Click to find out!](#)

02



REPEAT AND PRACTICE

Repetition will help embed the material in your memory - reading notes isn't enough!

03



ORGANISE YOUR THOUGHTS

Staying motivated is the hardest bit - remind yourself what you are working towards! We recommend creating a vision board!

04



askOLA!

Don't struggle alone. If you need help with a subject or topic, just askOLA!

05



TAKE PRACTICE EXAMS

This will give you a sense of how a real exam looks and will test how much you know.

**STAY INSPIRED.
NEVER STOP**

creating!

How ask^{ola}TM can help you during exams:

MOTIVATION

Motivating and encouraging you to do your school and homework.

ABILITY TO UNDERSTAND

Our OLAs will stay with you until you fully understand your question and are happy!

SUPPORTING YOUR WELLBEING

askOLA works alongside Kooth, which is an easy-to-access online mental health service that work alongside young people to provide support.

IMPROVE YOUR SKILLS

Our platform helps you develop your literacy and digital skills.

TIPS AND ADVICE

OLA can provide you with tips to help manage your work, sleep, anxiety and A LOT more!

HAVING CONTROL

Allowing you to take control of your learning and how you learn.





Tips for Self-Care:

1

*Surround yourself with
positivity*

2

Priotise yourself

3

Go outside and enjoy nature

4

Set boundaries

5

Try to move your body daily

6

Set aside time for yourself



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**Take a deep
breath and
try all over
again.**





ask*ola*TM

Good things start with a question

Opening hours:
9am-9pm

WWW.ASKOLA.IO

