



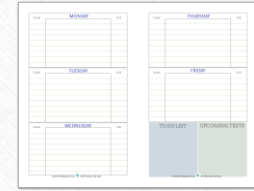
# SRMS



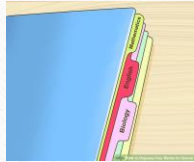
## SMART STUDY SKILLS



# The Nitty Gritty of Study Skills



- Keep your Agenda Book up to date class by class every single day- make sure you have all you need to study or review nightly.



Keep an organized binder. All materials should have a place and be in it!!!

- Plan a definite study time daily. Schedule it in your planner. If you don't have assigned homework, review, rewrite notes or read! Study nightly for tests- Do Not Cram!
- Plan a definite study place. Have all the materials you need so that you can make the most of your study time.
- Create an attractive, comfortable environment for yourself. Make sure the lighting is good, the seating is comfortable, the area is quiet.
- Hint: you might even create a welcoming ambience by purchasing a small battery operated candle to use while studying.





# STUDY SESSIONS

## Set a Goal

- ✓ Pre-determine what will you achieve in each study session. That way you will know know when you are finished! **PROSCRASTINATION** is a goal buster.

## Prioritize

- ✓ Do your homework first!
- ✓ Break down larger tasks into manageable ones.
- ✓ Study hardest subject matter first
- ✓ Study for future assessments every evening. Don't wait until the last minute.



## Primacy-Recency Effect

- ✓ You will recall the first and last content you studied with more frequency than that in the middle.
- ✓ Study in chunks to take advantage of this effect. Again, don't wait until last minute and study all of the material at once.

## Drink Water

- ✓ Water actually boosts brain power and reaction times!



# HABITS OF SUCCESSFUL LEARNERS



- Ask questions until they understand
- Discuss topics with their peers
- Speak up when they don't understand
- Faithfully use their Agenda Book
- Create a Study Timetable
- Don't study after 11 p.m.
- Study in increments- never cram
- Drink water for brain power
- Set study goals and follow them
- Use travel time to and from school to review, plan, and/or listen to recorded notes on your phone

# EFFECTIVE EFFORTS

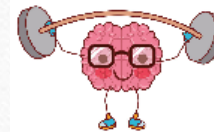
## Be an Active Learner- Reading notes does not equate with studying notes

- Create notecards; **USE** them to study
- Use Cornell Notetaking: read, re-read, highlight and summarize your notes
- Outline the content you wish to learn
- Make a diagram or graphic version of the content you wish to learn
- Practice vocabulary with flashcards- use Quizlet to create digital ones if you prefer to study digitally
- Write memory work over and over and over until you know it
- Make up your own quiz
- Review your daily work (should be organized in your binder)
- If provided, use your study guide
- Use online tutorials to further understand content



# TRUSTWORTHY TIPS

- Put your phone away! You will be tempted to keep checking it if it is near your study site.
- Designate school nights as study nights. Award yourself after effectively study times with social media time or video games. They should come last after study time.
- Exercise daily to help relieve tension and stress. It will also clear your mind.
- It is important to eat healthy- your brain needs fuel to utilize its brain power!
- Train your brain. You do not have to entertain negative, discouraging thoughts. You are in control of your thoughts.
- Work to develop a positive mindset!



Keep a notecard with positive thoughts. Replace negative thoughts with the positive ones.

Deny yourself something you want daily- just to prove to yourself that you can.



## TEST TAKING STRATEGIES

### **The Night Before a Test:**

- ✓ #1 Study incrementally- never all at once. The night before a test should be able to be used for review, not major studying.
- ✓ Get sufficient sleep
- ✓ Eat a good breakfast.
- ✓ Drink water.

### **On the Day of the Test:**

- ✓ Prepare yourself mentally- Go in to test site with a positive attitude- an “I can do this well” mentality.
- ✓ Take a moment to set yourself up to breathe in a controlled manner.
  - Take a deep breathe, whisper ‘I’
  - Hold it saying, “Believe.”
  - Let it out slowly saying, “In myself.”
  - Breathe this way a few times to calm yourself. Be aware of your breathing.
  - Become aware of your body. Let it relax. Mentally move through from your finger tips to your toes.
  - Mentally talk yourself through the test- you will respond well to the positive reinforcement.

### **Use Starfish Hand Meditation to De-Stress**

- ✓ If possible, close your eyes and practice deep breathing as outlined above.
- ✓ Spread your fingers in the shape of a starfish.
- ✓ Use a finger from the other hand and trace around the fingers, concentrating on how that feels. Let other thoughts float away.
- ✓ Continue until you feel relaxed and calm
- ✓ Slightly linger and push a little harder when you reach the webbing between the thumb and index finger (Union Valley) This is an acupuncture point and will help to relieve tension and stress.

# TEST TAKING STRATEGIES

- ✓ Listen to the instructions by the teacher.
- ✓ Read test directions very carefully. Follow each detail.
- ✓ READ, re-read the questions. If questions have multiple parts, underline and number. After you answer the question, check back to make sure each part of the question was addressed.
- ✓ Read the questions first- plan out your time.
- ✓ Anticipate the answer and then look for it.
- ✓ You are not finished until the time allotted has past. Use any extra time to review your answers.
- ✓ First impressions are often correct. Don't change an answer unless you analyze it and are sure.
- ✓ Check for spelling and grammar errors.



# TEST TAKING STRATEGIES

## **True/False**

If absolute qualifiers are used, the answers are usually false. Absolutes are: always, all, entirely, etc.

If relative qualifiers are used, the answers are usually true. Relatives are: frequently, seldom, not often, etc.

If one part is false, the answer is false.

If you don't know the answer, guess.

## **Matching**

Read the directions carefully

Answer the matches you know first

Eliminate those that don't make sense or are out of place.

If you don't know, guess.

## **Short Answer**

Make sure your answers are grammatically correct and are answered in a complete sentence if required.

Re-read your response to make sure it answers the question and makes sense.

Only write what is needed to answer the question.

## **Essay**

Follow SRMS format found in your Agenda Book