



SIX STEPS TO SMARTER STUDYING

Improving Performance

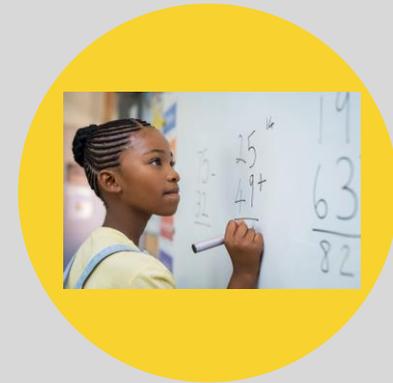
STEPS FOR IMPROVING YOUR STUDY HABITS



PAY ATTENTION



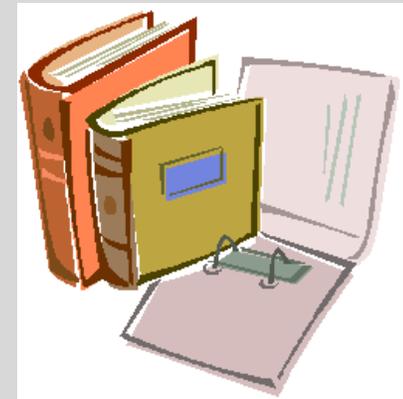
TAKE GOOD NOTES



PLAN AHEAD

Pay Attention: Good Studying Starts in Class

- When you pay attention in class and take good notes, you are starting the process of learning and studying.
- Have a separate notebook for each of your subjects
- Get a pocket folder to store any handouts or study guides
- Write in pencil , so that you can make changes to clean up your notes later
- Write neatly so that you can understand the information from the class
- Keep your work organized
- Stay focused, don't have anything that can cause distractions
- Sit up tall in your seat



Good Notes = Easier Studying

- Start your notes by writing down facts that your teacher mentions or writes on the board during class
- Try your best to always use good handwriting so you can read your notes later
- Keep your notes organized by subject



Plan Ahead – Be Prepared

- Plan ahead of time to study your notes for any assignments, quizzes, or test
- Study when you are alert and can memorize facts
- Self quiz yourself on your notes
- Do not wait till the night before to start preparing yourself for a quiz, or test
- Use a planner or make notes for yourself about upcoming assignments, quiz, or test due dates
- Spend adequate time studying the subject area
- Ask your parents or guardians for help in preparing or organizing studying in between extracurricular activities



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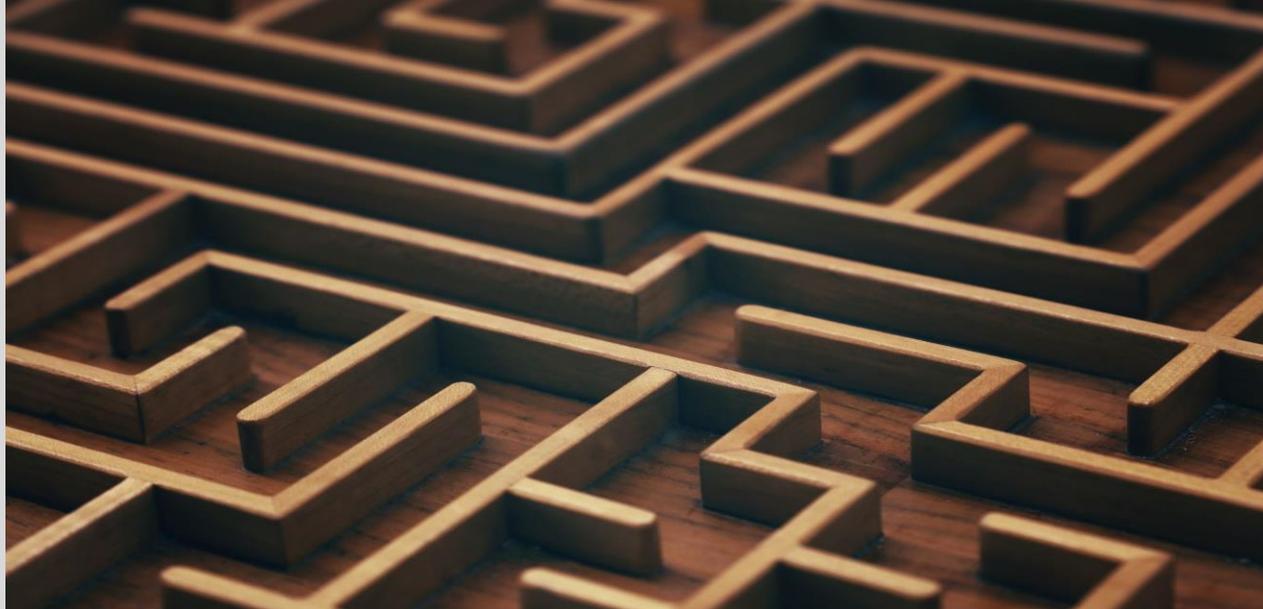
Break it up

- When there is a lot to study break things into chunks.
- Don't worry if you can remember something on the first try.
- Practice will help in memorizing facts.
- Use mnemonic devices, make up phrases to remember the order of things.
- Study regularly instead of just one night
- Review your notes.
- Study for at least forty-five minutes with breaks.
- Television and music should be turned off.



Lose the Confusion- Ask for Help

- If you don't understand the material, you can't study and be successful.
- Ask the teacher if your confused about any of the material.
- If you're at home, ask a parent of even a classmate for help.



Sleep Tight and Good Nutrition

- Your brain needs help to digest all the information you have studied.
- Plenty of rest and a good night sleep keeps you fresh and ready to go.
- A good breakfast is key to recharge your body.

