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 tests.
- 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.
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 you’re confused about any of the material.
- If you’re at home, ask a parent or 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.