

Study Skills Sheet

Study Skills

- Calendar your study time and place to study
 - Try to study the same time every day and study in an area with few distractions
- Use your AVMS Agenda to write down assignments
 - Use different colored pens or highlighters for long-term assignments and tests
 - Check school loop daily
- Tackle the tough stuff first
- Review on a daily bases
- Begin intensive test preparations. Study as if the test is the next day.
 - Review and preview material daily for each subject
- Tell your parents what you are learning about in school. It will help you retain information and will likely lead to great discussions
- Take regular breaks while studying (i.e. do your math homework and then take a 5 minute break to stretch your legs, get a snack, etc.)
- Have a healthy diet and drink lots of water
- Get plenty of sleep

Textbook

- Preview the chapter in the text book by doing the following:
 - Look at the chapter headings and the writings on the side of the chapter
 - Look at the questions at the end of the chapter for content
 - Read the chapter carefully and at each new section check for understanding. If you did not understand what the section is talking about go back and reread. If you are still struggling with the content ask your parent or email the teacher from school loop and tell them exactly what you do not understand.
 - Answer the questions at the end of the chapter – even if they are not assigned.
 - Make flashcards with anything that is bold – the odds are good it will be on a test

Note-Taking

- Use Cornell or Focus Note taking strategies
- Write down what the instructor tells you to write down
 - Overhead Note Information
 - Something that is repeated over and over
- Ask questions, clarify things you don't understand. **DO NOT WAIT UNTIL THE DAY OF THE TEST TO BEGIN TO ASK QUESTIONS.**
- Read and/or rewrite your notes after class
- Highlight important information in your notes
- Keep your notes organized

Test Taking

- **STUDY (REVIEW) NIGHTLY**
 - **DO NOT CRAM** – it only gives you a headache
- Find a friend or classmate to study with
- Use flashcards to make up games such as jeopardy, match game, etc.
- Create a “practice” test
- Review all study guides and homework assignments
- Get a good night’s sleep and eat a good breakfast in the morning
- When you enter the classroom take your seat close your eyes and take 3 deep breaths prior to starting the test
- Look over the entire test and **READ THE DIRECTIONS CAREFULLY**
- Answer the questions that you know first and then go back and do the more difficult questions
- Review your answers before turning in your test