



## **Knowing How to Study –**

Study area – should not be in your room, maybe at kitchen table, no TV, radio, phone...

(Baroque is the only music that actually helps you concentrate)

Study time – set aside a specific time that you are going to study every night, if you don't need the whole time for homework, use the remainder of the time to get organized, work on a long-term project, study for an upcoming test, review vocabulary for a foreign language...

## **Active v. Passive study strategies –**

- Use study partners
- Take notes whether you think you need to or not
- Always re-write your notes the same day you take them (all of these engage larger portions of the brain)
- If you have a hard time concentrating when you read the text – take brief organized notes of main ideas and content
- Study with a timer – set the timer for 20 minutes at a time, and concentrate on your homework for that 20 minutes, then take a 5 minute break (walk around, get a snack... no TV, video games, computer...)

## **Taking Notes –**

- Write down anything teacher writes on board
- Look in textbook ahead of time if working on a particular chapter and write down all of the subheadings – if the teacher talks more about one than another, put a star by it so you know it is important later when you are studying

## **Improve Test Taking Technique –**

- Answer before seeing the answer
- Collect the easy points first (answer the ones you know first)
- Eliminate the obviously wrong answers (cross them out)
- Write until you are right (in an essay, put in as many points as you can remember, so that the teacher can give you as much credit as possible)
- Never give up in a core class, they build on each other