




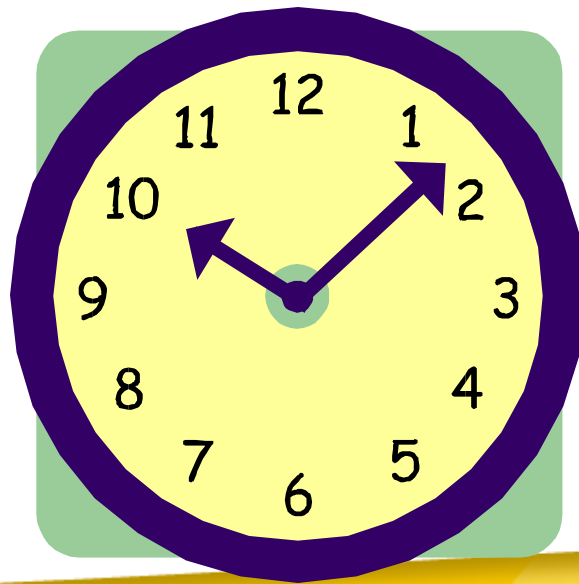
# Proven Ways to Improve Your Studying

Many ideas will be presented...  
you may not do them all, but the  
more the better!



# Chart your “actual” hours of studying and other activities

- ➔ A time management technique
- ➔ A way to find more hours for studying





# Create a Chart Listing:

- ➔ How much time you expect to do everything
  - Studying
  - Sleeping
  - Socializing





# Study at the right time-before or after class.

- ➔ Question: When do you think is the best time to study?
- ➔ Answer: It depends. Each class requires a different strategy.
- ➔ How much class discussion is based on previous study?



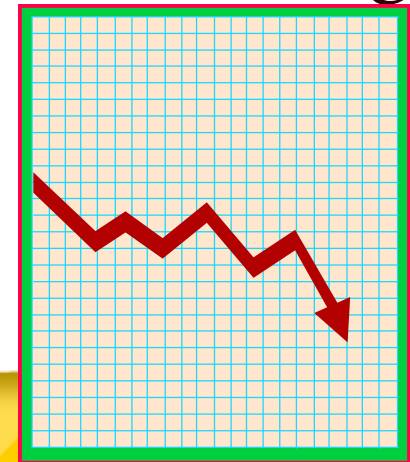
Study one subject in the same way a maximum of **one hour** at a time


- ➔ You can study for several hours, but switch subjects or study methods.
  - Examples:
    - taking a self-made practice test
    - reviewing lecture material



# The learning curve

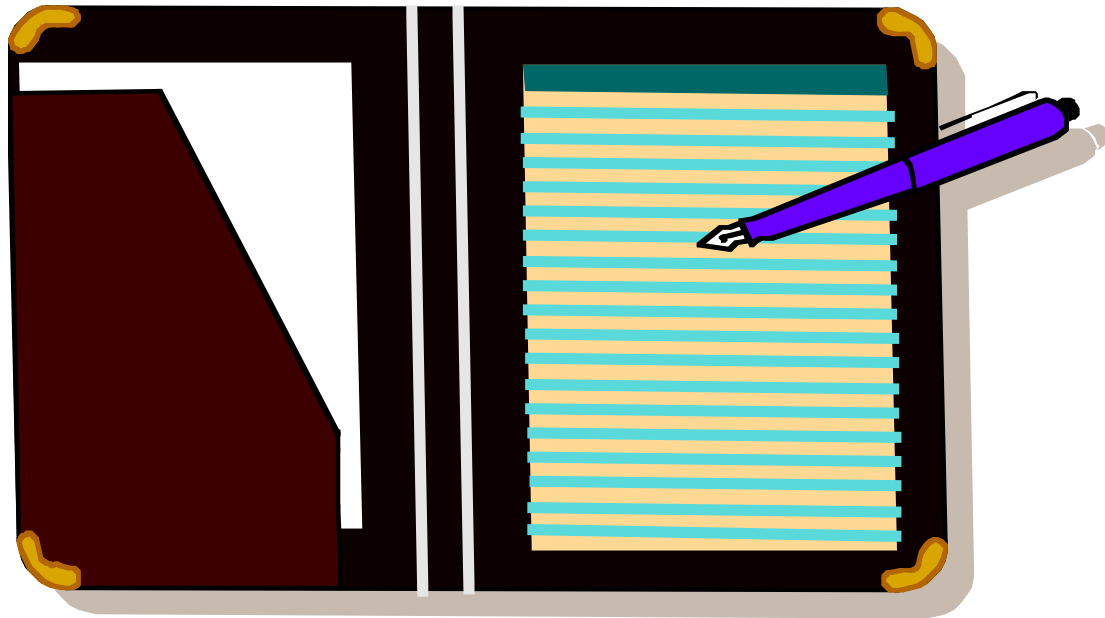
- ➔ You learn the most in the first 30 minutes you start studying. It goes downhill after that.
- ➔ After 3-4 hours of studying the same material in the same way, you are learning virtually nothing.
- ➔ Solution: Keep switching subjects, study styles.





# Keep a planner to keep track of your assignments

- ➔ List all classes, assignments, due dates.





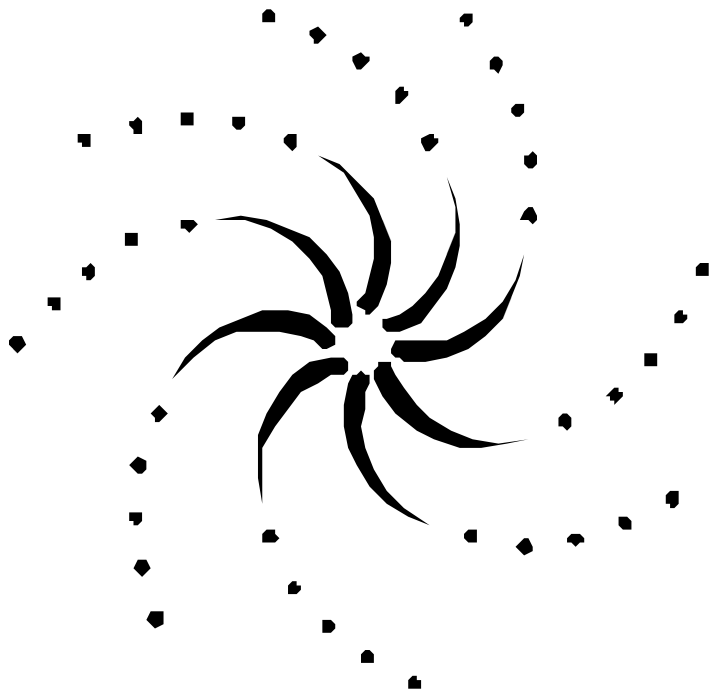
# Notetaking

- ⇒ Note key points on left side of page
- ⇒ Write regular notes on right side
  
- ⇒ Divide your page into two columns:
  - Right side for content
  - Left side for key words and concepts
- ⇒ Summarize page in your own words at the bottom





# Mind-Mapping



- ➔ For people who think visually
- ➔ Put central idea in middle circle
- ➔ Add additional ideas in circles coming off the center circle, like the spokes of a wheel



# General Note-taking Tips

- ➔ Don't take too many or too few notes
- ➔ If teacher puts something on the board or repeats it, write it down





# Study Groups

- ➔ Everyone can bring sample quizzes or questions with the answers
- ➔ By explaining a concept to another person, your mind will process the material more thoroughly





# Never Cram

➔ This is the most ineffective way to study



# See Your Teacher for Help

- ➔ Let your teachers know if you are confused about something
- ➔ Use tutorial or ask them when they will be available after school
- ➔ Go with specific questions or problems
- ➔ Teachers are here for you, don't hesitate to let them know if you need help



# Learn Material Many Ways

- ➔ Study groups
- ➔ Quiz yourself
- ➔ Make up trial exams
- ➔ Write what you know
- ➔ Say what you know
- ➔ Explain what you know
- ➔ Use flashcards



# Make Information Personally Meaningful

- ➔ Attach it to what you already know
- ➔ Tie current information into your long term memory
- ➔ Memorizing something that has nothing to do with you will be harder than if it's connected
- ➔ Find a connection
- ➔ Attach new materials to your own ideas



# Put in the Time

- ➔ Putting in time after class will enable you to feel happier and more confident in everything you do.
- ➔ Stay ahead of the teacher in the book!