



# Study Habits and Tips

U n l o c k i n g   P o t e n t i a l ,   O n e   C h i l d   a t   a   T i m e

# Study Habits and Tips:

**Be organized!** This involves many areas of a student's life.

- Remember the guiding principle from Benjamin Franklin, "A place for everything and everything in its place."
- Be sure to put papers in the correct folder. Science papers always go in your science folder. Math always goes in math, etc. If you put things in the correct place, it just takes seconds to find them. If you put something in the wrong place, it could take minutes, hours and even days to find it if you even find it at all. Take those few seconds to put things in the right place.
- Use an assignment notebook, calendar or digital format to keep track of your assignments. This means you must write every assignment down for every class every day. If you don't have homework in a class, write "none" in that space, so at the end of the day, you are trying to remember if you forgot to write something down or if there is actually nothing for that class.
- Write EVERYTHING in your planner, so you can plan around the rest of your life. If you participate in a sport, you need to schedule study and homework time around your practices and games. If you have a home game on Tuesday and an away game on Wednesday, it may be hard to study for a test on Thursday. You may have more time on a night with a home game since you don't have to travel to another location, but games are generally longer than practices. If your mom's birthday is on Tuesday and your family is going out for dinner, it may be hard to study for a big test on Wednesday. You will have to study more on Monday, so you can enjoy your mom's birthday dinner. We recommend that you look at your upcoming week on Sunday to see what you need to plan around. Remember, "Failing to plan is planning to fail."



Click logo for more info:



# Study Habits and Tips Continued:

**Be organized!** This involves many areas of a student's life.

- Set aside a separate study area at home that has necessary materials: pens, pencils, colored pencils, markers, notebook paper, graph paper, a stapler and any other items you need on a regular basis. Having these ready reduces the amount of time you need to actually start your homework. If you save 5 minutes a day not having to find supplies, that doesn't sound like much, but that's 25 minutes over a 5-day period and 100 minutes over a 4-week period. If there are generally 36 weeks in a school year, that's 3600 minutes you can save just by having materials ready.

## **Ask for help!**

We all need help at some time or another. Sometimes a teacher may explain things in a way that just doesn't click with the way you learn things. It's ok to ask for help. Ask your teacher either during class or after class. Ask your parent. Ask a classmate. If none of that works, you may need more professional help. Find a tutor you feel comfortable with and who can explain concepts you are struggling with.



Click logo for more info:



# Study Habits and Tips Continued:

**Be organized!** This involves many areas of a student's life.

## Learn how you learn best!

If you are a **visual** learner, you will learn best by seeing things. The best ways for you to study are to use flashcards, to re-read your notes, to draw pictures and diagrams.

If you are an auditory learner, you will learn best by hearing things. I had a friend who could remember everything our professor said if she sat in the front row and just focused on him. I'm a visual learner, so I was always scrambling to write down everything he said. You will remember things best by saying them out loud. To study for a test, you should go to a quiet place and read your notes out loud or find a video you can watch. You can talk or even debate with someone about the material.

If you are a kinesthetic learner, you will learn best by doing things. In school, this means writing things out. You may rewrite your notes, recreate a drawing or diagram, redo a test, fill out a map again, put flash cards in order.

You can mix and match this techniques to fit the material you are studying and just to change things up , so you aren't bored with doing the same thing over and over.

Click logo for more info:



# Study Habits and Tips Continued:

**Be organized!** This involves many areas of a student's life.

## Memory technique

Let's face it, you have to memorize a lot of information in school. This includes vocabulary for every subject, character traits in English, maps in social studies, formulas in math, pathways in science and grammar rules in foreign language. It's important to try to connect new information to old information in your head. New information is like a helium balloon. If you don't tie it down, it will float away. There are many different strategies, but one on mine is memory pictures. I've used this with many different subjects and languages.

There are 2 steps: First, think of what the word sounds like. For instance, the Spanish word **caballo** makes me think of "**cab**". This is fabulous but doesn't really help. But, the second step is to connect your "sounds like" work to the definition. Caballo means horse, so I connected them by having a horse drive a cab. It's a cartoon with the horse wearing a giant cowboy hat waving to people. The crazier and funnier your picture, the more likely you are to remember it.

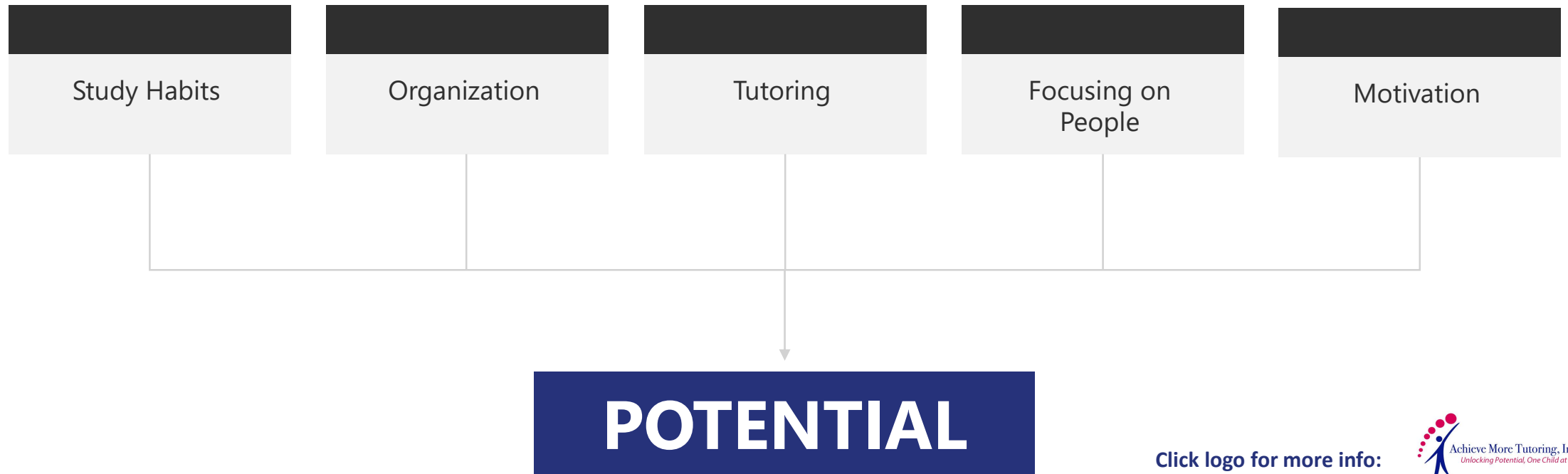


Click logo for more info:



# Let's get started...

## Call Carol today at 630-276-8163.



Click logo for more info:

