



Edith Rogers

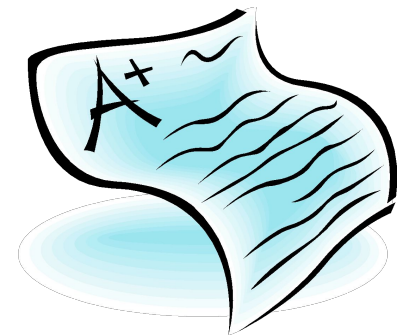
Study Skills Session



Strategies of Successful Students

Strategies

- Positive Attitude - it really helps your brain learn
- Social Support - study with friends
- Talk to teachers - Ask for help
- Organization - What information do you have
- Resourcefulness - Make use of practice tests and study guides
- Balance - Sleep, exercise, eat properly, friends, family and activities



Make A Plan

- Take a calendar and set up a study schedule.
- Plan to study in small blocks of 20-30 minutes, maybe twice a day.
- Use time wisely if you just have your books open, are you really studying?
- Plan to balance life - studying, chores, friends and having fun.

Teacher Help Session


- Teachers offer lunch or afterschool support - make valuable use of this time. *During covid time, review notes on google classroom
- Help sessions can help identify areas to study - targets what you need help with.
- Teachers help you work through problem areas - organize your questions before you ask for help.

How to Study

- Set a purpose-What do I want to know? (Study guides for each subject will help). Create a list of topics you need to know.
- Review material first - Skim titles, bolded words, vocabulary, review questions, teacher/class notes and handouts.
- Complete study guides if given by teacher

How to Study

- Get interactive - Write concepts down or talk about concept to help remember them
- vocabulary lists, diagrams/charts, use index cards to record concepts.
- Use old tests - review questions and try to answer them again, learn from your mistakes.
- Review - notes, cue cards, completed study guides.



**Think: 30% Read
and 70% Recite**

Study Environment

- Pick an area free of distractions and interruptions.
- Have the supplies you need to work.
- Make sure it is comfortable, good lighting - natural light is best.
- Keep a positive attitude.

Study Methods

- Cue cards-Question on front, Answer on back.
- Re-writing notes - rewrite notes and key points.
- Reading notes and memorizing.
- Explain concepts to someone else.
- Study out loud.

Study Methods

- Show what you know - Write out answers without looking at information.
- Practice tests - Use to check how you are doing.
- Have someone ask you questions.
- Highlight different concepts in different colours.

Study Methods

- Draw maps/pictures or graphs.
- Take a walk and study.
- Remember that being prepared in advance, sleep, nutrition and exercise will help you perform at your best!
- Cramming doesn't work.



Memory Facts

Memory Facts

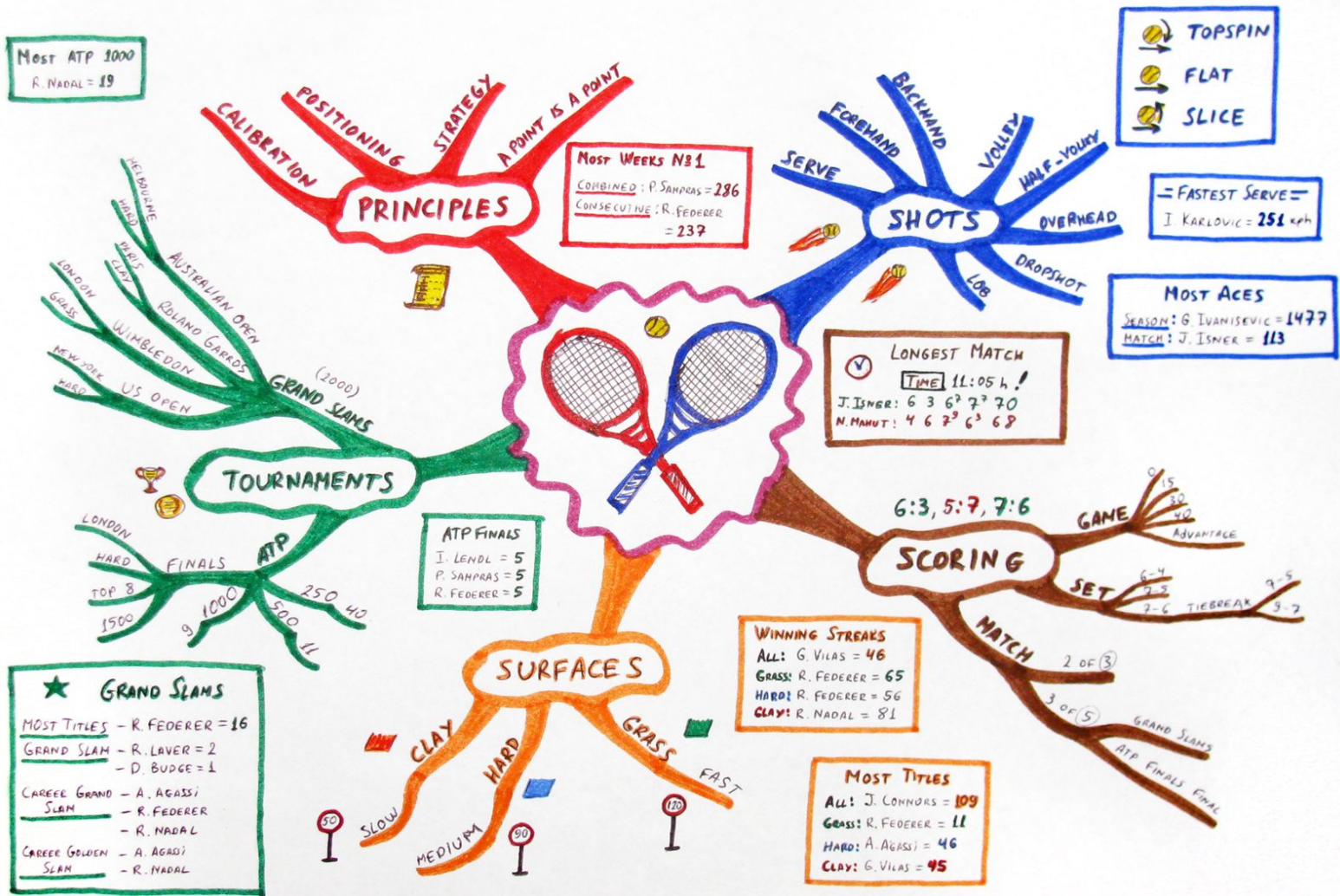
- It takes 15-25 minutes of daily practice over several days to retain information.
- Motivation, desire, and emotions are important in remembering-the more positive the better you learn.
- Make a picture of the material you want to remember. It will then be implanted in both hemispheres of the brain which increases chance of recall.

Memory Facts

- 40% of total learning time should be spent reviewing new information.
- Understand that your brain goes into rest mode every 30 minutes. Take a 5 minute movement/water break to wake up your brain. Then set timer and study a different subject so your brain doesn't get bored.

[13 study tips: the science of better learning](#)

Mind Maps - Our Brains Remember Pictures



Another Tip to Remember

1. You have a 50% chance of remembering what you need to learn when you listen in class.
2. You have a 80% chance of remembering when you write notes and the information down.
3. You have a 100% chance of remembering if you do the first 2 tips, PLUS tell someone else about the information.

What Can I Do as a Parent to Support My Child?

[Study Skills Video for Tweens and Teens](#)

