

Improving our Study Skills and Habits

Why are study skills important?



- good grades on tests
- helps you understand the topic
- gets you more fluent in topic areas



Study Skills

What Can I Use to Study?	How Do I Begin to Study For a Test?	Other Important Information
<ul style="list-style-type: none"> - Flashcards - Notes - Study guides - Textbooks - Past quizzes/tests - Internet - Friends/Peers - Online study games - Brain games - pneumatic devies/ acronyms - Study groups - Previous homework - Teacher - Use family to help quiz you - Incentives - Highlight important information 	<ul style="list-style-type: none"> - Have writing utensils - Have all materials gathered (textbooks, study guides, etc.) - Find quiet a place - Have confidence - Turn off ALL electronics - listen to calming music - Put all studying materials together in binder - Pay attention in class - Don't be too confident - Have a clean study space - Remove any distractions (siblings, pets, headphones to prevent noise) - Schedule breaks - Schedule your study times - Notify family/friends of study time - test corrections to learn - complete daily homework 	<ul style="list-style-type: none"> - Have a healthy breakfast - Get plenty of sleep - Reward yourself after you study or pass a test - Spread out studying time, Don't "cram" studying - Have a good day - Don't cheat during the test