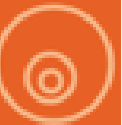


# Improving our Study Skills and Habits

# Why are study skills important?



- Help us remember what we learned
  - It will help you understand tests + quizzes
- Improves your school grades



## 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"> <li>- Textbooks</li> <li>- Study Guide/Review</li> <li>- Websites-study games</li> <li>- Notes</li> <li>- Have your brain on</li> <li>- Study group</li> <li>- adult/friends to quiz you</li> <li>- practice problems</li> <li>- Flashcards</li> <li>- Highlighter as you read/ study</li> <li>- neumonic devices/ acronyms</li> <li>- Look over previous quizzes or homework</li> <li>- Educational apps</li> <li>- Use your resources</li> </ul>	<ul style="list-style-type: none"> <li>- Gather all materials</li> <li>- Highlight the important information</li> <li>- Look over the material</li> <li>- Put ALL electronics away</li> <li>- Clean your space</li> <li>- Put items you don't need off to the side</li> <li>- find a quiet area if needed</li> <li>- listen to some calming music</li> <li>- Notify others of your studying time</li> <li>- HW or Test corrections</li> <li>- Get some good brain food</li> <li>- Ask for help</li> <li>- Schedule breaks</li> <li>- Have writing utensils</li> </ul>	<ul style="list-style-type: none"> <li>- You can time yourself</li> <li>- Don't use "cramming" to study</li> <li>- Study a little each day</li> <li>- Chew gum during studying</li> <li>- Have a healthy meal</li> <li>- Get enough sleep</li> </ul>