

# Study Tips & Help

*Empower yourself to be a success in all you do!*

*Students with better study methods and strategies score higher on their exams.*

*Everyone is different. Different methods work for different people; if one doesn't work try another or combine them.*

1. It is best to **review the material right after class (when you get home)** when it's still fresh in your memory.
2. Don't try to do all of your studying the night before the test. Instead **space out your studying, review class materials at least several times a week**, focusing on one topic at a time.
3. **Have all of your study material in front of you:** lecture notes, course textbooks, study guides and any other relevant material.
4. **Write down** (many times, if necessary) **words, definitions, or concepts** that you are having trouble with
5. **Start working on study guide (BAT) the night you get it;** look over answers you have already completed every night
6. **Take out a blank sheet of paper & write down everything** you can think of that has to do with the topic we are studying in class, then focus on the concepts you didn't write down
7. Make up a **silly rhyme or song** to help you remember concepts
8. **Draw pictures or diagrams** to help you remember concepts
9. Use the **Kahoot reviews** on the website to study. Use the **review game links on the website to study.**
10. **Find a comfortable and quiet place to study** with good lighting and little distractions
11. Take notes and **write down a summary of the important ideas** as you read through your study material.
12. Take **short** breaks frequently.
13. Space out your studying, **you'll learn more by studying a little every day.** This way it will stay in your long-term memory. If you try to study at the last moment, the material will only reside in your short-term memory.
14. **Make sure that you understand the material** well, don't just read through the material and try to memorize everything.
15. If you choose to study in a group, **only study with others who are serious about the test.**
16. **Test yourself** or have someone test you on the material to find out what your weak and strong areas are. You can use the BAT review, Kahoot reviews or make notecards from notes.
17. **Listening to relaxing music such as classical or jazz** on a low volume can relieve some of the boredom of studying, **not songs that you sing along with or songs with lyrics.**
18. Don't study later than the time you usually go to sleep, you may fall asleep or be tempted to go to sleep, instead **try studying in the afternoon or early evening.**
19. **Read straight through all the material (notes) once. THEN reread it** making notes, highlighting, draw diagrams and make note cards.
20. **Make study aids.** Notecards, flip books. Draw diagrams or create tables to fill in.

Besides boosting your ability to retain and recall the material you are learning, the right study approach can help you stay confident during your test. This confidence can help you keep a clear head as you work through the questions. Once you have practiced this strategy repeatedly, you are likely to find that your performance improves not only in school but in virtually any setting where extensive learning is necessary.