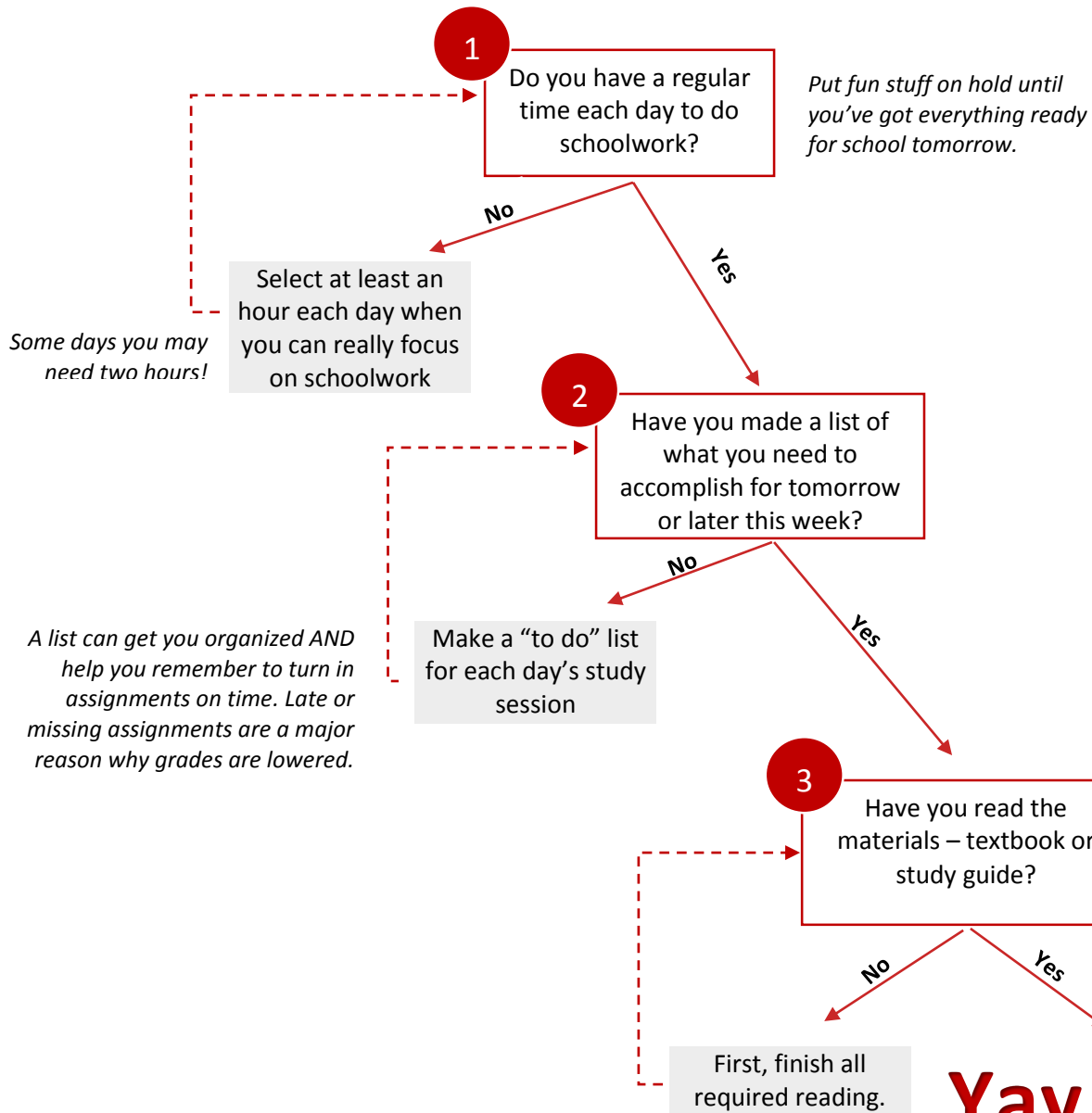


## STUDY TIPS ... *the path to better grades*



# Yay You!

*You're ready to study!*

**Turn the page over for tips**

## STUDY TIPS ... *the path to better grades*

If you need to ...	Try these techniques
Understand the material	<ul style="list-style-type: none"><li>• Make an outline of what you're reading</li><li>• Look up words you don't know</li><li>• Think of examples that explains the material</li><li>• Say out loud the steps in a task (without looking!)</li></ul>
Memorize the material	<ul style="list-style-type: none"><li>• Create mnemonics and vivid mental images</li><li>• Repetition -- say the information out loud several times</li><li>• Use Quizlets or make flash cards</li></ul>
Prepare for a quiz or test	<ul style="list-style-type: none"><li>• Use a study partner</li><li>• Review all assignments and previous quizzes, especially questions you missed first time around</li><li>• Answer chapter review questions to test yourself</li></ul>
Prepare an assignment	<ul style="list-style-type: none"><li>• Break big projects into smaller pieces and finish it a piece at a time, a little bit each day</li><li>• Reread the assignment to be sure you understand what's expected. Ask your teacher to explain it if you have questions.</li><li>• Read what you've written out loud to find errors – spelling mistakes, words missing, sentences that don't make sense, and so on.</li><li>• Sleep on it -- review a finished assignment the next day with fresh eyes</li></ul>

### MORE TIPS ...

- Put your phone on mute and out of sight until you're finished with your work. Really.
- Your brain is a muscle. It needs protein to function and rest to recover. Have a healthy snack. Work intently for 15-20 minutes and then take a 5 minute break. During your break, get up and do something -- walk around, do jumping jacks, have a glass of water (do not look at your phone!) – and then get back to work for another 15 to 20 minutes. Repeat until your school work is completed.
- Find out what type of learner you are – visual, auditory, kinesthetic, or a combination. Study in the way that your brain works best. Everybody's has their own best way to study. Find yours.