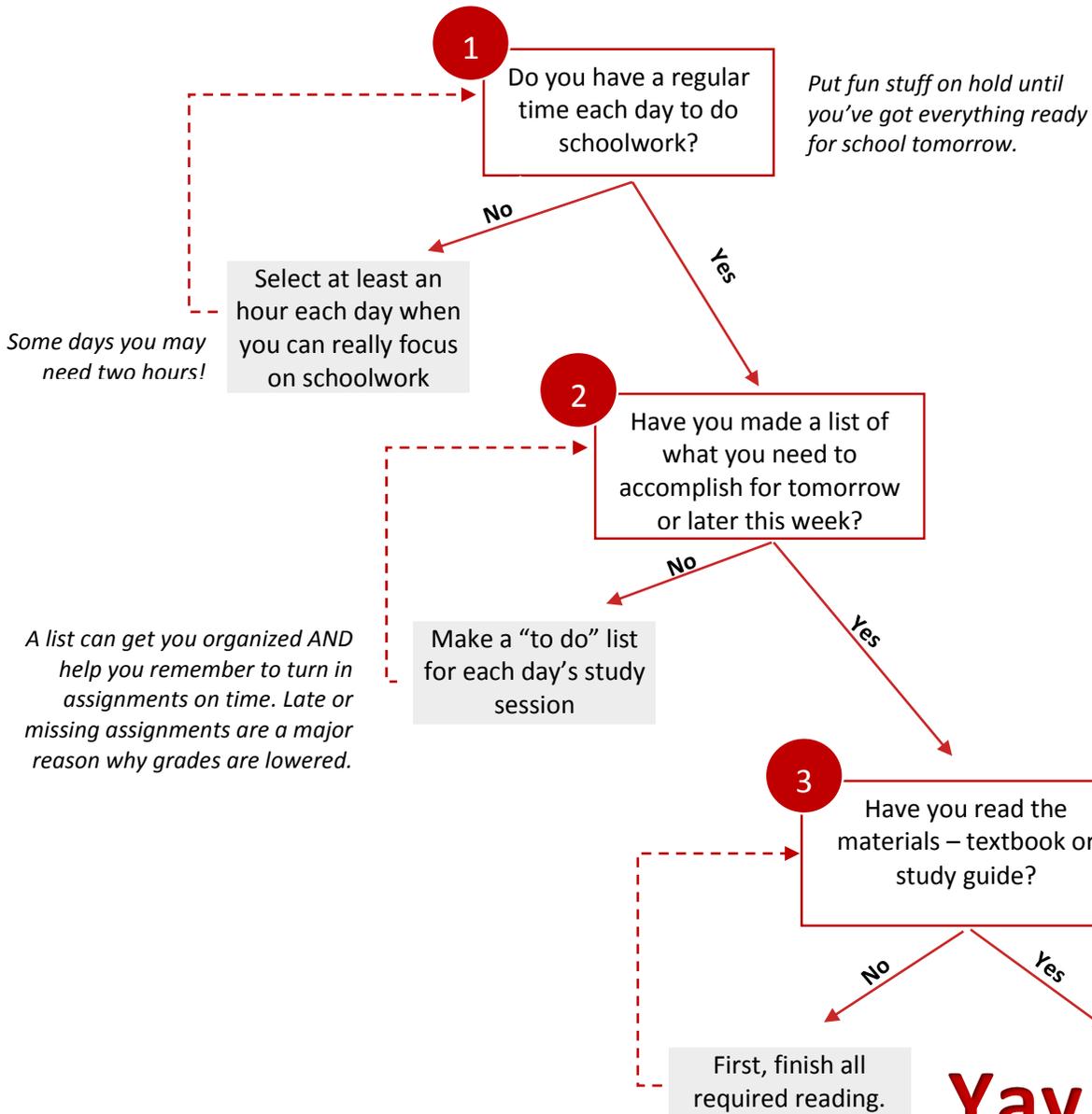


STUDY TIPS ... the path to better grades



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

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.