

STUDY SKILLS



Situation: Sometimes we struggle to concentrate in class, or struggle to get through homework. This is common and can be addressed by developing good study skills. While there is no “best” way to learn, you can try some of the options below and see which ones make a difference for you!

Options: Below are a few options to improve your study habits, concentration, and memory.

STUDY HABITS:

1. **Stick to a consistent study routine:** Try to study at the same time every day in a place where you won't be distracted by other people or noise. Organize your books and notes so you know where to begin when you sit down.
2. **Set a goal for each study session:** Make sure your goal is specific and realistic. For example “study for math test” is not very specific. Also, “complete all my studying for the math test in 15 minutes” is not very realistic. Instead, a goal could be “review chapter 5 from math book and complete one practice test over two separate 1-hour sessions”.
3. **Reward yourself!** Give yourself short breaks after completing a full hour of focused studying. Take a quick walk, eat a snack, or stretch.
4. **Chunking:** Study the material in manageable chunks instead of cramming,. Make sure to review the content later in the week.



CONCENTRATION:



1. **Get a good night's sleep** and eat a proper breakfast every day.
2. **Sit near the front of the class** and have your books, notes and pens ready on a clean desk so you don't get distracted.
3. **Take notes** to stay alert and participate by asking questions or sharing answers.
4. **Use the '5 More' trick.** If you feel like giving up and want to stop studying, try telling yourself to do just 5 more. If you are reading, tell yourself to read for just 5 more minutes. Keep adding 5 until you need a break.

MEMORY:

1. **Be active in your learning:** Ask questions, discuss topics with your friends, and think about the connections between subjects. When your mind is active, it will retain information better.
2. **Visualization:** Picturing what you are learning can be helpful. For example, if you are studying the water cycle, make a mental image of water evaporating, clouds and rainfall.
3. **Teach:** If you feel confident about a topic, teach it to a friend. This is one of the best ways to boost your learning and find out if you really understand the material.



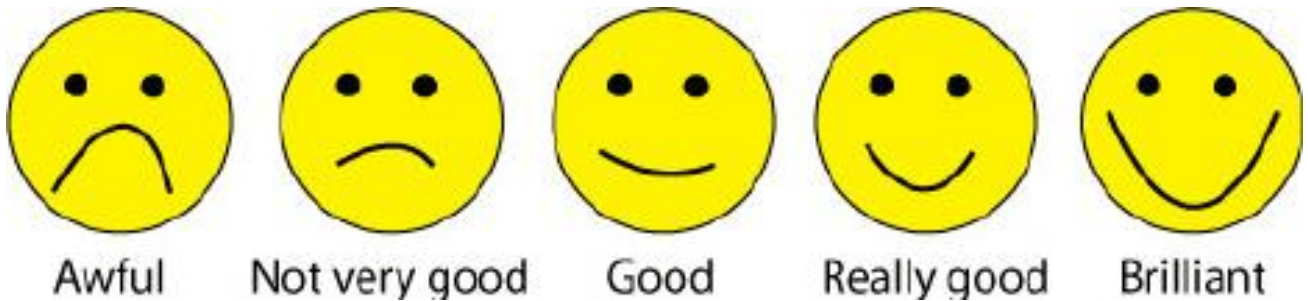
4. **Take practice tests:** This is a great way to check what you know already, and what you might need to study some more.

5. **Relax:** Check the relaxation handout to learn about ways you can relax your body and your mind when you are stressed. You will learn better if you are relaxed.

Narrow it down: Now that you have learned about different options, pick one or more that you think will work for you. Some options may work better at home or at school. Review the pros and cons to help you decide which is best for you.

Go for it: Go ahead and use your preferred option (or options)! Which one(s) did you try out?

Sit back and evaluate: Think about how it went. Did the option(s) work? Were you able to focus and do better in school? You may have to try a few different options at different times until you figure out what works best for you. Rate on the scale below how well the strategies you tried worked for you.



QUICK TIPS! *Understanding Study Materials*



✓ **Step 1. SCAN:** Get a quick view of the whole chapter before you start studying in detail. Look at the subheadings, charts and topics covered. This will prepare you with a basic idea of the material before you study.

✓ **Step 2. READ:** Read in detail and don't skip anything this time. Focus on the detailed information that is in the materials.

✓ **Step 3. TAKE NOTES:** Go back and read once more, making notes that summarise important points that you would like to remember.

✓ **Step 4. REVIEW:** Once you have finished reading and making notes, ask yourself questions about you have learned. Review all the chapter headings from the original materials, as well as checking the important points from your notes.