

# Day 3 How to Study for and Take Tests

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## **Good Study Habit # 1 80% of success is showing up.**

Make studying and learning new material a habit and a goal.

## **Study Tip # 2 Turn in every assignment**

In your daily planner have a section that you read every day that reminds you to turn in your assignments, or take a second and set reminders on your phone, or even use the old method of writing a reminder on your hand.



## **Study Tip # 3 Listen in class and participate in class discussions**

This sounds simple enough, and you may be thinking "duh," but listening in class is a skill that many students lack, and what top students accomplish on a daily basis.

## **Study Tip # 4 Actively listen to your teacher**

When you actively listen to your teacher you reflect on what is being spoken, you are able to create questions, and you can paraphrase what was spoken to others. In other words active listeners question, reflect, and paraphrase.



## **Study Tip # 5 Repeat what you studied to another person**

This is helpful in a couple of ways. First, it gives you a good an idea whether or not you know the material, and it is a method of repetition that your brain uses to help you memorize material.

## **Study Tip # 6 Quiz Yourself**

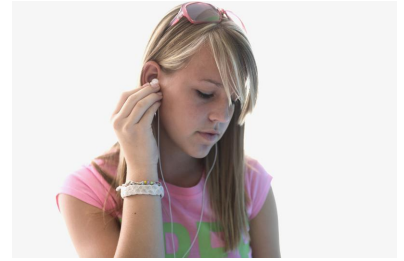
After you have studied your material for a period of time, create a quiz, take it, and see how you are doing. Creating a quiz is simple, quick, but very effective in learning new material.





### **Study Tip # 7 Repeat out loud material you need to learn**

Repeating text out loud uses multiple parts of your brain, which in turn helps to increase neural pathways, which increases your chances of recalling the information.



### **Study Tip # 8 Record your notes on your phone and listen to them.**

If you want to go for a walk, or just move around, quickly record your notes on your phone, put in your earbuds, and start moving and

learning. With a little research you can find many of the topics you are studying already have recordings that you can download. There are podcasts on almost any subject and every podcast is free.

### **Study Tip # 9 Try reading your notes out loud as you review them.**

The process of reading new material out loud helps your brain store the information more efficiently.



### **Good Study Habit # 10 Set goals**

Why set goals? Simple, goals work. Your brain likes to know where it is going, and goals help accomplish this. They can be weekly goals, daily goals, school goals, study goals. Just be sure to set goals that work for you.



### **Study Tip # 11 Be willing to do what others are not willing to do**

Most students will not study on Friday or Saturday afternoon. Develop a mindset that you are willing to do whatever it takes to improve my grades. Maybe start by making it a game and see how many Friday afternoons in a row you can study. If you don't like Friday afternoon challenge yourself to study thirty minutes to an hour each morning before school.

### **Study Tip # 12 One Key is the number three**

If your teacher repeats something three or more times in class, there is a very high likelihood it will be on the test. Make note of this by writing down these key statements.



### **Study Tip # 13 Use 3's in written responses**

On tests with long writing, work in 3's. Find 3 main items to prove your thesis. Find 3 supporting details about each of these items. Build your writing around these details.



### **Study Tip # 14 Draw pictures or diagrams in order to help you memorize information**

Your brain likes to make connections and have hooks to hang the material on. These pictures and diagrams help accomplish this, and can be fun to create. Be sure to use different colors, and include pictures in order to help your brain learn the material.

### **Study Tip # 15 Be Bold with the Bold**

The words written in bold text are important and learning these words will help you succeed in the class. These words can be highlighted, converted into flashcards, written in your notes, or any other technique that helps you remember these important words.

## Take Great Notes

Do you find yourself struggling with taking good notes? It's important that you develop your note-taking skills so that, when you review them, they are beneficial and will help you study and remember important information.

Remember that you don't need to take notes of *everything*! Only write down what is important; if the teacher keeps repeating something or has written something down then, you should take note of this.

Your note-taking style might also depend on your learning style like we mentioned above. Perhaps you might need to draw little diagrams in your notes if you are more of a visual learner. If you are an auditory learner, you might learn better if you audio-record the class discussions and lectures and then listen to them over again to help you study. The definition of a good study routine is, after all, one that works with your specific quirks and personality.

Another fun way to remember things is to use mnemonics for better memory recall. For any type of list, steps, stages or parts you can use mnemonic devices to help you retain information. Mnemonic types include: music, name, expression, rhyme, spelling and more.

## Review Your Notes

Before and after your study sessions, you should always skim your notes from the recent lesson or topic you studied before starting on a new one. Reviewing your notes once before going to bed will also help to cement new knowledge into your brain.

If you couple reviewing your notes with a good nights' sleep, then you will significantly improve your ability to retain more information.

## Consider Joining a Study Group

If you are a social learner then you should consider joining a study group. Study groups can help you remember class material better. You can ask questions to clarify difficult points, and hear questions that others have that may be beneficial for you to know the answer to.

In order to find a study group that will work for your needs; find people as dedicated as you are. You don't want to study with a group that isn't devoted and willing to work hard. You should also keep your study group numbers to a decent size; you shouldn't need more than 6 people in your group.

Exchange contact details and decide together on a place and what type of study schedule will work best for the group. One of the best benefits of joining a study group is that you will be able to ask, discuss, debate, and quiz each other on the topics at hand. You could even keep your study group online if traveling to one spot won't work well for everyone.

## Use Laptops & Smartphones Wisely During Class

If you are using a laptop for note-taking in class, then make sure you are still able to focus and pay attention. Laptops and phones can bring down your grade. Don't believe us? A Michigan State University study shows that even top students' grades suffer when they use technology in class for non-educational purposes like checking email or social media.

You don't want to get used to surfing the web or using your smartphone while learning in class, if you are on the internet, texting, or checking your email in the presence of a teacher, then you will probably do the same when you're studying.