

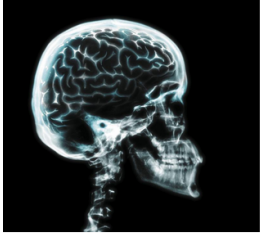
Day 6 How to Study for and Take Tests

Name: _____

Date: _____

Study Tip # 1 Vary the type or method of material studied

Research has found that recall of new material improves when you vary what or how you study. For instance during a study session you might work on vocabulary, then read about the subject, and then maybe repeat to yourself a summary of what you just read. Variety is the key. Play around with this, and see what works best for you.



Good Study Habit/Train your Memory

Study Tip # 2 Train your memory

The more you memorize, the more efficient your brain becomes at memorizing new objects. During breaks from school you can try to memorize different items. Pick items that are of interest to you. Choose online memory games to make this more fun.

Study Tip # 3 Think of your brain as a muscle. Like pumping iron, you need to stimulate your brain. Here are two easy methods, ditch the calculator on some calculations and use an old fashion map occasionally for directions. Bottom line, challenge your brain to solve problems daily - exercise. Research has found that exercise is healthy for your brain and this in turn gives you an edge when studying.



Study Tip # 4 Develop perseverance

At some point, to accomplish anything worthwhile you must develop the skill of perseverance or the ability to keep going even when you feel like quitting. An easy way to start is by picking one item each day that you tell yourself you will not go to bed until this task is completed. Start with an easy task and as you develop this skill you can increase the difficulty.

Study Tip # 5 Create stories

As you create a story your brain uses this elaboration as a way of organizing the material, which increases the odds of remembering the information. For example, say you need to memorize 7353419. First, chunk the information into 735 and 3419. Next, imagine a jet with 735 written in large numbers and 3419 as the address of a package being loaded on the plane. Sounds bizarre or silly, but with time and practice this technique works.



Study Tip # 6 Focus, hook, recall

In order to memorize new material get in the habit of practicing these three steps.

1. Eliminate factors that dilute your focus. The enemies of focus are distractions, and dividing your attention.
2. In order to hook your information use some method that allows your brain to create a hook to hang the information upon. Some methods are mnemonic, pictures, visualizing, songs, creating sentences, graphic organizers or any other technique you use to help your brain organize new material.
3. Finally, practice recall by testing yourself with active recall. This can include creating mini quizzes, telling someone else the new information, or answering questions about the new material.



Study Tip # 7 Relate to your life

As you learn new material try to relate this new material in any way to your own life and personal experiences which will increase your odds of recalling the information later. Think of new information as a single apple in a large orchard. In order to remember new material, your brain has to find this information, much like you finding a certain apple in a huge orchard. The more paths or signals pointing to the apple the easier it is to find. If you can relate new information to your life it provides your brain additional pathways to this information.



Study Tip # 8 Create a song

Pick a song you like and create lyrics of the new information you are learning. Creating a song helps move information into long term memory. Most people can still sing the lyrics from songs they learned in preschool but can't even remember teacher's name.

Good Study Habit # 9 Memorize by visualizing

When memorizing facts, places, names, or notes associate what you are memorizing, with a visual picture. For instance, if you had to memorize thirty names of people in a class you can try the following. As the person states their name, you associate the first letter with an animal, and then visualize the person as this animal. Hello I'm Sarah, who becomes Sarah the snake, and you remember her thin arms that look like snakes. Sounds strange, but it works. I memorize my students names this way every year.

Study Tip # 10 Learn or practice playing a musical instrument

You may be thinking “How is this a study tip?” Think of your brain as a muscle. A stronger muscle can run faster, lift heavier weights than a weak muscle. Learning to play a musical instrument is like working out your brain, and can be really fun. This gives you an edge in learning new material and problem solving.



Study Tip # 11 Combine visual and verbal cues The combination of visual and verbal cues is like super charging your brain and gives your brain several different paths to retrieve information later. For example, say you are learning the steps of mitosis. You could draw a picture of each step and then have a label underneath each drawing with a short description.



Study Tip #12 Link ideas

If you have to remember a list, you can link the ideas together by creating a story in which one event connects to another event in order to help you remember the list.

Let's say you have this short list:

Keys, watch, wallet, passport, bug spray

A red car is your anchor of the story.

You go to your red car and insert your keys in the door, immediately a clown asks for your wallet and you notice the clown has a huge watch on their wrist, and a passport in their shirt pocket, you think fast and spray the clown with bug spray.

If you have objects like states or countries you can take the name and try to associate it with a real object then create a story.

For example, Georgia, Maine, Tennessee, Utah, and Michigan

Georgia = George Washington

Maine = man

Tennessee= Ten (like ten monkeys)

Utah = unicycle

Michigan = Mimi (my grandmothers name)

Next you create a story like you did before, with an anchor and each event connecting to one another.

Anchor = swimming pool

While sitting at the pool, you see George Washington in a bathing suit talking to man with ten heads riding a unicycle, and Mimi is serving them cupcakes.



Study Tip # 13 Peg Memory System

The peg system is helpful because just like you use a peg to hang items you use peg words to hang ideas on, which in turn reminds you of what you need to remember.

Here is a common version of the peg words.

- | | |
|----------------|-----------------|
| 1. One-Sun | 6. Six-Sticks |
| 2. Two-Shoe | 7. Seven-Heaven |
| 3.. Three-Tree | 8. Eight-Gate |
| 4.. Four-Door | 9. Nine-Vine |
| 5.. Five-Hive | 10.Ten-Hen |



Next, you associate the items you need to memorize with each peg word. This system has been used for years and works.



Study Tip # 14 Change Rooms while studying

Research has found that you if you study different subjects in different rooms your recall increases for each subject compared to studying everything in the same room.

Study Tip # 15 Take a journey and memorize a list

Use a familiar route to help you memorize a list. First identify a familiar route. This may be your drive to school, from your bedroom to the kitchen, or a walk around your block. As you journey in your mind around the block you identify key landmarks. Next, you associate each item on your list with a familiar item. For instance, if you are memorizing states Alaska could be a bear, and Alabama a banjo. Finally, you match your landmarks and associated items together.

