

Study Smart

Did you know that the top 10% of students study an average of 6 hours less a week than the bottom 10%. It's true. Why? Because they know how to study efficiently and expertly!

1. Find a good place to study.
 - surface for writing, comfortable, well lit
 - supplies at hand
 - quiet – studies show that listening to music, let alone being on facebook/msn detract from studying
 - some research indicates that listening to Baroque music is beneficial as the tempo is often close to that of your heart and is therefore relaxing (that's the theory anyway)
2. Get started.
 - as my daughter says, "Procrastination pays off now!"
 - like they say at Nike – just do it
3. Know your learning style.
 - you have already discovered your learning style – use that to your advantage
 - generally speaking, the more senses and/or methods you use when studying, the more you will remember
4. Organize your study time.
 - make a plan before you begin
 - prioritize
 - if something seems overwhelming, break it down into smaller pieces
 - memorize first, then revisit at end of study period
 - always allow more time than you think you need
 - study your least favourite subject first
 - alternate types of assignments (English, then Math, then Socials)
 - know when and how to take breaks
5. Know how to study for tests.
 - find out what the test is going to cover
 - pay particular attention in class the day before the test
 - do all the reading
 - do the review questions in the textbook
 - study everything on the teacher's review sheet
 - explain concepts in your own words
 - review often and out loud
 - write names, dates and formulas on an index card for drill
6. Use tricks to help you memorize information.
 - flash cards
 - stare at what you want to memorize, close your eyes and try to "see" it
 - use rhyming or rhythm to memorize

- go over what you want to remember just before you go to sleep
 - use acronyms to memorize (HOMES – Huron, Ontario, Michigan, Erie & Superior)
 - use the first letter of the words to make up a silly sentence – “My very excellent mother just...)
 - look for easy/logical connections
 - create ridiculous images in your mind
7. Know how to write a paper.
- best papers are written over a long period of time – a process not an event
 - brainstorm ideas
 - do research/takes notes
 - create an outline
 - write and rewrite
8. Use tricks when making a presentation or speech.
- use props when possible
 - pretend you are telling your best friend something really important – passion
 - make good eye contact
9. Learn word processing.
- good word processing skills will save you a ton of time