


Test-Taking & Study Skills

Sustained Attention & Time Management






You will need a piece of lined paper, planner and something to write with for this activity.




Watch this video that
has 9 tips to studying.

<https://www.youtube.com/watch?v=p60rN9JEapg>



On your piece of paper,
write down the
following tips, leave
some space between
tips so you can make a
plan!


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- 1) Research shows that study sessions work best in short chunks of time.

Look at your planner:

- What tests or quizzes do you have coming up?

Now look at the material that you need to study by the date of the test.

Break the material into logical chunks and plan out which days you will study each chunk of material, for only 30 minutes.



2) Create a routine, set up specific times during the day to study.

- Studying and trying to learn becomes easier the more you get into your routine.

Pick a time, Eagle Time, right after school, 5:30PM and practice studying at that time each night for the next couple of weeks.

Write down on your paper the time you plan on studying!



3) Flashcards are proven to be excellent memory reinforcement tools

Have you created a quizlet account? If not DO IT!

- Benefits of quizlet.com
 - You can use the app and look at your flashcards anytime day or night that you have your phone.
You can't lose your flashcards, they are stored for ever!
You can make different sets for different classes and topics (great for chunking



4) Set a goal for each study session.

- Remember in step 1, we broke up the material we needed to learn into chunks?
- Pick one chunk to focus on each study session so you don't overwhelm yourself.

Write down which chunk you are going to study tonight!



5) Teaching!

- If you have to teach the material to someone else you are more likely to remember it.

Create a mini lesson for the topic you plan to master during your study session, and teach that topic to your parents, your younger siblings, or a friend.



6) Practice, Practice, Practice

- Most of your teachers provide you with study guides, notes, and other materials.
- Do them! Check your planner, blackboard and google classroom for resources!

Create your own practice test or quiz, it's amazing how your brain remembers things when you are the one making up the questions.



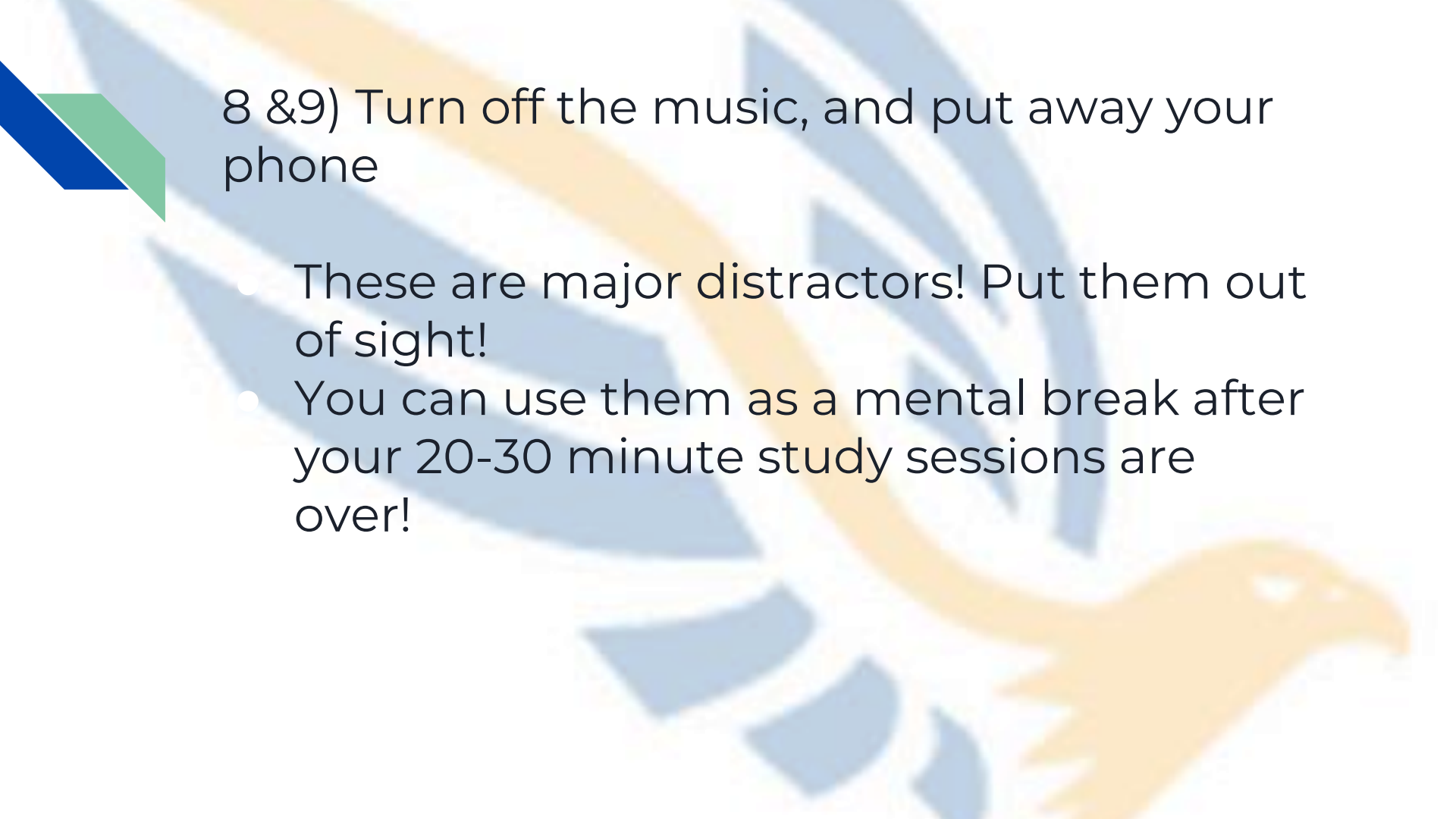
7) Where to study

- Pick a location that you can studying in every day!
- Take a few moments to figure out where you're going to study, write it down!

Tonight go home and set up that place with everything you may need to study, pencils, highlighters, tape, scissors, index cards ect.



8 &9) Turn off the music, and put away your phone

- These are major distractors! Put them out of sight!
 - You can use them as a mental break after your 20-30 minute study sessions are over!
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Try it out!

Use the rest of this time to go through the 9 tips!

Set yourself up for success!

Let your teachers know which of these tips works best for you!

