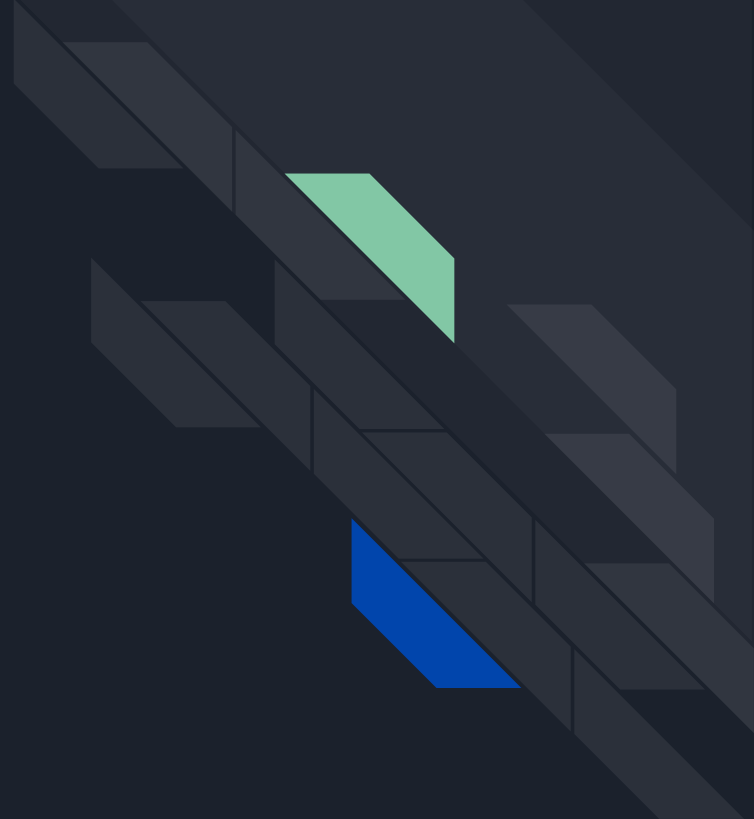




Test-Taking & Study Skills

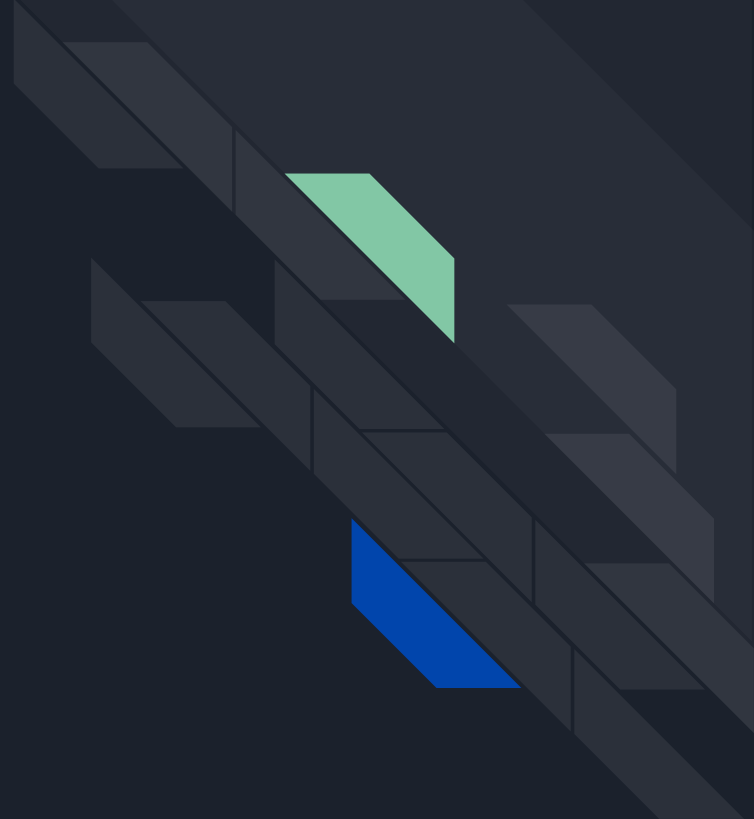
Sustained Attention & Time Management

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

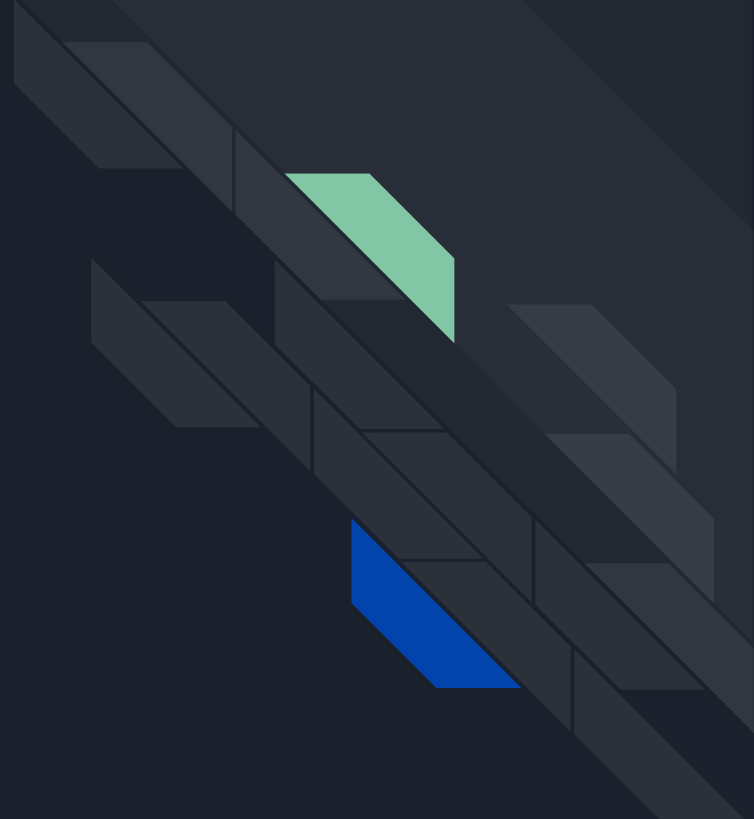



Watch this video that
has 9 tips to studying.

<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!






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 material)



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!



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!