



IMPORTANT SKILL SETS FOR STUDENTS

Study Tips and Tools (3rd Edition)

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Purpose of This Series of Newsletters

The purpose of this Skill Set Newsletter is to help our STARS:

- Meet with success and fully participate on 'Home Learning' days
- Get organized, manage time, develop study skills
- Share ideas and tips for families about how to support at-home learning

Why Study?

Some say we need to hear things 3 times to remember them well while others believe in the 'Rule of 7' which suggests we need to hear a message 7 times before the message really sinks in. Some research from **Microsoft** suggests hearing a message as many as 20 times may be necessary to remember it well. However you cut it, hearing or reading something once just isn't enough, so we need to see it and hear it again.

Studying 101...

- **Reading is not studying.** Have you ever read several pages and then wondered "What did I just read?" To really engage in the material, begin by highlighting or underlining meaningful text or read it out loud, create your own quizzes on the material, or draw diagrams that represent what you are reading.
- **Space out study sessions.** Setting a schedule and sticking to it greatly reduces stress and anxiety and helps to keep away the 'Procrastination Monster'. Spending a short time on something regularly helps you keep up with your work and retain information. Space out those sessions.
- **Be intense.** Short, frequent, intense or really focused study sessions are more powerful than lengthy, drawn-out cram sessions. Work hard – not long. Short, scheduled sessions with a definite beginning and end will help you to stay focused on the task at hand. Set a timer for 30 minutes!
- **Shhhh...** For some, a quiet location is necessary to focus, while others may need some background noise or relaxing music while studying. The trick is to know yourself. Know what works for you and what doesn't work for you. Let's admit it — studying in front of the TV really doesn't work for anyone.



Did You know?

Use highlighters, coloured pens and sticky notes as tools to mark important sections of work. Your brain will remember what this looked like on your study page!

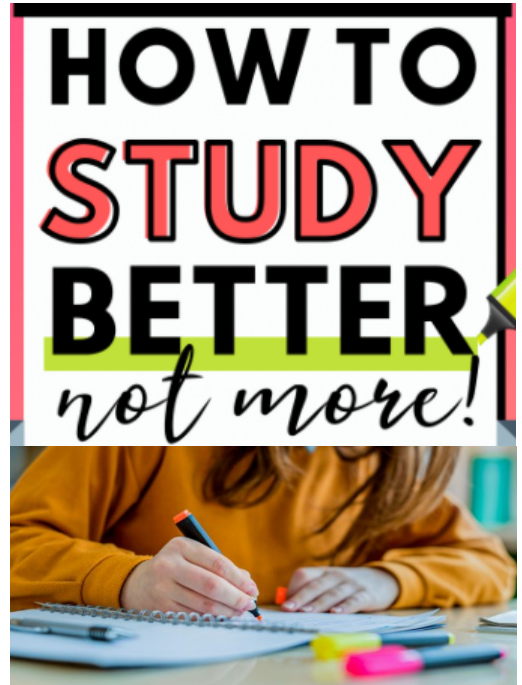
Study Tool: Calendar

Record important dates — tests and quizzes, project deadlines, due dates of assignments, reminders, birthdays, sports activities

Block off time to study and work on assignments

Study Tool: Flashcards

Find the information you need to study. Think of a question your teacher might ask and write it on one side of a flashcard. On the other side, write the answer. Continue until you have all of the information to be tested on a series of flashcards. Quiz yourself using the flashcards or study with a partner until you feel confident.



Study Tool: Have Someone Quiz You

Asking someone to quiz you is a helpful study strategy if you learn better through conversation and interactions with others. **Activity:** What are some topics you are studying in your classes that a friend or adult could help you study? Choose one topic and list some questions that you could have your partner ask you.

For a delicious treat that's healthy for your brain, eat a little bit of dark chocolate each day.

Scientists at Stanford University found that as little as 15 minutes of exercise improves mental performance. So, if you're looking for better grades, do some exercise before studying or take a break and go for a walk!



Studying 101 (continued)

- **Solve problems.** *The 4H motto is 'learn to do by doing'.* Reading over or staring at math problems is not a useful study strategy. For many courses like math, you need to DO questions. Work your way through them and think about the steps involved. Make up sample quizzes and DO them.
- **Multi-tasking is a no-no.** Research shows that multi-tasking negatively impacts productivity and increases the amount of time needed to learn material. So keep that phone tucked away and focus on *ONE thing at a time.*
- **Teach.** One of the best ways to solidify learning is to teach someone else how to do something. Partner up with a friend and teach each other about particular topics. You can even do this virtually.
- **Group Think.** Make learning a social opportunity and study with a group virtually. Get missed notes or compare notes. Seek encouragement and motivation from group members. Assign topics to members to present to the group in order to cover more ground.

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