

STUDY TIPS FOR STUDENTS

- You won't do well if you never show up for class. **Attend class** every day even if your best friend does not.
- Take advantage of **tutoring or extra help** from your teacher. If you are struggling, this can make a huge difference.
- Set aside a **specific time** to study. Many students find it easiest to go home, have something to eat and then study right away. If you have other activities at that time that will interfere with this schedule, you will need to find what works best for you.
- Get into the habit of studying **every day**. If you do not have any specific assignments, take a few minutes to review topics that you find hardest. It is good to get into the habit of studying every day.
- Make a list of all the things you need to do. Divide the workload in to manageable blocks of time. **Prioritize your tasks** and stick to your deadlines. Usually it is best to do the hardest subjects first. Your brain is fresher when you first start studying.
- Study for **focused blocks of time** when you are alert. Study for 45-50 minutes then take a 5-10 minute break. This keeps you more focused.
- Create your own **quiet study space**. If you don't have a desk in your room or if the dining room table isn't quiet enough, consider going to the local library or going to another room in your home that has minimum distractions and good lighting.
- **Don't do other things** while you are studying. This includes watching TV, fixing a snack and talking on the phone. Occasionally, people claim they study better with music playing. This does work for some students. If it is only background music that does not make you tap your pencil to the beat, it might work for you.
- If you feel you are losing focus, **switch** the type of task you are working on, the subject you are studying or the place where you are studying. Some students take a quick break and walk around a little. Stop studying when you are no longer being productive.
- **Don't waste time** between classes or while riding the bus. Review your notes or make a note of any questions you have about the material.
- If you have a lot of reading to do to prepare for a test, **make notes** while you go along.
- **Ask for help** when you need it. Teachers and friends are usually willing to go over something with you again if you didn't quite "get it" the first time.

➤ Occasionally, **study with a friend**. Quiz each other, compare notes and discuss differences in your notes or your understanding of the material.