

Academic Support Resources: Helping Students Achieve Their Best

Success in High School begins with the right tools and strategies. Below is a collection of resources to help you develop strong academic habits, manage your time effectively, and excel in your studies.

1. Study Skills and Organization

Effective Study Techniques

- **The Pomodoro Technique:** Study for 25 minutes, then take a 5-minute break. Repeat 4 times, then take a longer 15-30 minute break.
- **SQ3R Reading Strategy:** Survey, Question, Read, Recite, Review—an effective way to retain information from textbooks.
- **Active Recall:** Test yourself on key concepts rather than just rereading notes.
- **Mind Mapping:** Create visual diagrams to connect and organize ideas.

Organizational Tools

- Use a **planner** or **calendar app** to track assignments, test dates, and extracurricular activities.
- Color-code your notes and folders by subject to keep materials organized.
- Maintain a dedicated study space, free of distractions, with all necessary supplies.

2. Time Management Tips

- **Prioritize Tasks:** Make a list of assignments or projects by due date.
- **Set SMART Goals:** Specific, Measurable, Achievable, Relevant, Time-bound objectives for your academic progress.
- **Plan Your Week:** Allocate time for studying, projects, and relaxation. Review and adjust as needed.
- **Avoid Procrastination:** Break large tasks into smaller steps and tackle one step at a time.