

# FORM 5.8

## Tools for Studying

### A. Menu of Study Strategies

Check off the ones you will use.

- |                                                     |                                                        |                                                         |
|-----------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> 1. Reread text             | <input type="checkbox"/> 8. Make concept maps          | <input type="checkbox"/> 15. Create a "cheat sheet"     |
| <input type="checkbox"/> 2. Reread/organize notes   | <input type="checkbox"/> 9. Make lists/organize        | <input type="checkbox"/> 16. Study with friend          |
| <input type="checkbox"/> 3. Read/recite main points | <input type="checkbox"/> 10. Take practice test        | <input type="checkbox"/> 17. Study with study group     |
| <input type="checkbox"/> 4. Outline text            | <input type="checkbox"/> 11. Quiz myself               | <input type="checkbox"/> 18. Study session with teacher |
| <input type="checkbox"/> 5. Highlight text          | <input type="checkbox"/> 12. Have someone else quiz me | <input type="checkbox"/> 19. Study with a parent        |
| <input type="checkbox"/> 6. Highlight notes         | <input type="checkbox"/> 13. Study flash cards         | <input type="checkbox"/> 20. Ask for help               |
| <input type="checkbox"/> 7. Use study guide         | <input type="checkbox"/> 14. Memorize/rehearse         | <input type="checkbox"/> 21. OTHER: _____               |

### B. Study Plan

| Date | Day                   | Which strategies will I use? (write #) | How much time for each strategy? |
|------|-----------------------|----------------------------------------|----------------------------------|
|      | 4 days<br>before test | 1.<br>2.<br>3.                         | 1.<br>2.<br>3.                   |
|      | 3 days<br>before test | 1.<br>2.<br>3.                         | 1.<br>2.<br>3.                   |
|      | 2 days<br>before test | 1.<br>2.<br>3.                         | 1.<br>2.<br>3.                   |
|      | 1 day<br>before test  | 1.<br>2.<br>3.                         | 1.<br>2.<br>3.                   |

### C. Posttest Evaluation

How did your studying work out? Answer the following questions:

1. What strategies worked best?
2. What strategies were not so helpful?
3. Did you spend enough time studying? Yes No
4. If no, what more should you have done?
5. What will you do differently the next time?

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