

Best Practice

THINGS TO DO ALL YEAR

- Do a little of everything each day. Prep as you learn
- Reread and write notes while reading
- Rewrite notes from teacher's power-points
- Create outlines for your classes
- Write out priorities and then cross things off as you complete them
- Save your favorite subject for last as a reward

VOCABULARY

- Create vocabulary note cards
- Link a vocabulary word or concept to a picture or story
- Use quizlet for word within a word or any vocabulary list. You can make own set or one already made.
- Write the word and definition multiple times
- Make a song to remember vocabulary and help with concepts
- Make colorful flashcards
- Do 5 cards at a time
- Flash cards – study them over and over and over and over and over....

TESTS/QUIZZES

- Go over previous tests (schedule a time to meet with the teacher to review previous tests)
- Look at it and recite the material
- Re-read material
- After studying, complete a blank study guide to see what you know
- Take time and more days to study on the hardest final. Make time at home to study.
- Complete the book review questions and/or book tests/quizzes.
- Find someone who knows a little bit about the subject (tutor, teacher, parents, etc.)
- Relax and don't let your mind get the best of you
- Take breaks in between studying
- Take the test backwards
- Don't cram the night before. Start early
- Break the review into chunks so you don't overload yourself with information
- Re-read information
- "SMARTR" – Mac app available through Mac app store – uses algorithms to figure out what you really know.
- Use online quiz makers
- For multiple choice questions, eliminate options you know are not correct by crossing them off. Then, you can narrow down the options to best select between a couple of answers
- Take your time and ask for help (parents, teachers, counselors, mentors, other students, friends, etc...)
- Study in chunks and take a short break....maybe get a snack, have some down time...then study again...

- Look for answers within the test to answer other questions on the test
- When viewing math multiple choice options, eliminate the answer that looks the least like the others. Similarly, don't look for questions that are right, look for the questions that are obviously wrong and cross them off.
- Study the same type of questions that will be on the test
- Do what you know first and then go back and answer other questions
- Write out the questions and answers. Read book chapters out loud so you know you are focusing on it
- Content association: by associating certain content with physical objects it makes remembering the content easier.
- Make up your own math problems for practice

MAKING THE MOST OF THE STUDY GUIDE

- Make your own study guide
- Study the study guide. The teacher made it so you would do better on the exam
- Fill out what you can on a study guide. If you don't know, look it up in the book or your notes
- Take the study guide like a test to see what you need to learn and what you don't know
- Create a practice test. Whatever you get wrong is what you can focus on
- Have someone quiz you over a completed study guide (parent, tutor, teacher, counselor, friend, etc...)
- Write out the information on another sheet to make your own study guide
- Write questions that teachers ask during class down. Go over them before the tests
- Re-write the answers over and over
- Study the study guide in sections. Chunking similar material is helpful for learning
- Go over a little part of each study guide a day. Or, you can even out the amount of studying for each class.

LOCATION/ENVIRONMENT

- Listen to instrumental music
- Mimic a testing situation. Sit at a desk or table
- Put your phone away. Distractions can hinder your progress
- Wake up early to do a quick review
- When I get a test, I will write down the information that I don't remember as well on the test
- Study with others – studying doesn't HAVE to be boring!
- Make a good schedule
- Set a timer when studying to ensure that you utilize your time well

ATTITUDE

- Set Goals
- NEVER EVER say "I'm going to fail." Confidence is key and pessimism will get you nowhere.
- Stay CALM