

# How to Study

## Study Tips:

- ☐ Make a plan.
- ☐ Do not cram!
  - ☐ Break things up into manageable chunks of time spaced over multiple days.
- ☐ Find a well-lit, quiet, comfortable place to study.
  - ☐ The best place to study is NOT your room. (There are too many distractions.)
  - ☐ Keep your phone out of the room.
  - ☐ Alone is usually better. (Friends are too distracting.)
- ☐ Incorporate movement into your study routine.
  - ☐ Have a friend or family member quiz you while you go for a walk.
- ☐ Take care of yourself!
  - ☐ Drink plenty of water.
  - ☐ Eat lots of fruits, vegetables and breakfast.
  - ☐ Prioritize sleep.

<b>Passive strategies</b>	<b>Active strategies (better)</b>	<b>Active strategies with feedback (best)</b>
<p><b>When should I use these strategies?</b></p> <p>Use these as a <u>first step</u> in your studying. Do these throughout the unit.</p>	<p><b>When should I use these strategies?</b></p> <p>These should take place at least a week before your test., but have ideally been happening throughout the unit.</p>	<p><b>When should I use these strategies?</b></p> <p>These are most effective because they give you instant feedback &amp; require your brain to do the most work. Intersperse these 4-6 days before your test.</p>
<p>1. Read textbook. 2. Reread notes. 3. Highlight notes. 4. Read study guide. (Can be found on my website.) 5. Rewrite notes. 6. Read/watch Crash course, Khan Academy, Amoeba Sisters, etc.</p>	<p>7. Complete study guide. (Can be found on my website.) Mark hard questions so you can get help during Review Day. 8. Make flashcards/ quizlet. 9. Make concept maps.</p>	<p>10. Quiz yourself with quizlet/study guide/flashcards. (Can be found on my website.) 11. Have someone else quiz you. 12. Explain concept or process to someone.</p>

1) For our last test, which of the strategies above did you use?

2) Moving forward, for our next test, which additional strategies are you willing to try?