

Study Skills

Presented by
RVGS Counseling
Kathy Sebolt

Study Tips for Students

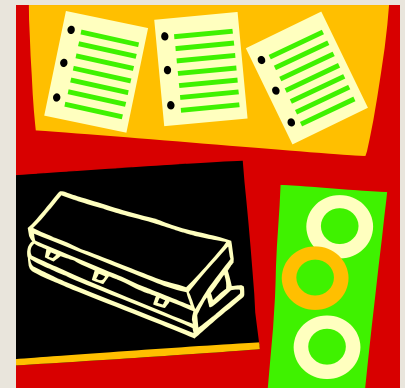
- Use your planner
- Make a “to do” list every day
- Use spare minutes wisely
- It’s okay to say “No”
- Find the time of day you do your best work and are most alert
- Review notes daily
- Get a good night’s sleep
- Communicate your schedule to family and friends
- Become a task master
- Eat healthy and exercise

Note taking

- Stay Organized
 - Keep all notes for one class in one place
 - Date and number pages to keep them in order
 - Review materials/notes before class

During class:


- Write down main points only, not every word
- Leave blanks so you can add to notes later
- Jot down key vocabulary and important facts
- Ask questions



Study tips

- Testing or quizzing yourself is key to learning – flashcards can help
- Giving your brain time to forget the information will make the act of studying more effortful and will help the information stick longer in your memory
- Studying a little every day will give your brain the time it needs to forget between study sessions
- Just because you seem to know something doesn't mean you should stop reviewing it....circle back to it along with the other material
- Learning isn't supposed to be easy or comfortable....and rereading and recognizing isn't the same as knowing and remembering

Preparing Emotionally and Physically for tests

- The most important equipment you have:
 - Your body
 - Your mind
- 



Sleep and Rest



Why does your brain need to get enough sleep?

- During sleep, your brain grows and moves the things you learn and practice to long term memory.
- Rested brains can concentrate better and longer.

Sleep and Rest



How much sleep does your brain need?

- 9-10 (or more) hours every night
- How long did you sleep last night?
The night before?

What can you do on test day?

- Get a good night's sleep
- Wake up early
- Simple exercise and a shower will help wake you up
- Eat a healthy breakfast – avoid too much caffeine
- Briefly review your notes
- Keep a positive attitude
- Be early – you don't want to have to rush
- Deal with any test anxiety – breathe, relax, focus

THANK YOU

For more information or help, please see Mrs. Sebolt

