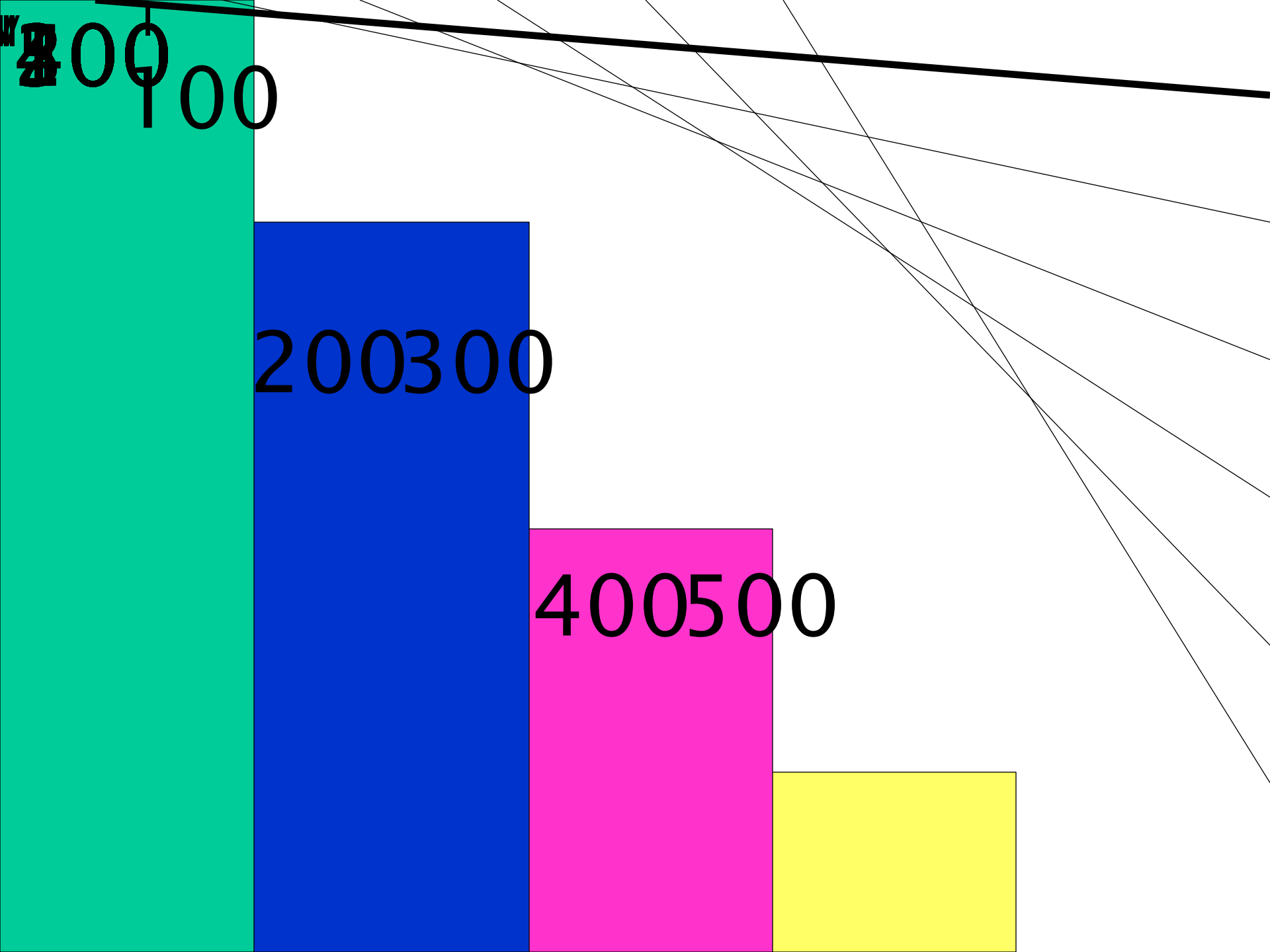


# Jeopardy

Planning For  
Success!!



Back

## Question 1

This is a term to describe someone who keeps a neat binder, has a planner, and is able to maintain a balance in most all components of their day.

100%

**Question 1**  
This item is used by many professionals and students so that they can be sure to prevent scheduling two things at the same time.

200

## Question 1

This item can be found on the walls of many homes. It is a place to record family events, appointments, long term projects, vacations, birthdays, regular commitments, sports practices, and assists in maintaining good family communication.

**Question 1**  
This organizational item would be appropriate to use in recording specific class assignments.

400

**Question 1**  
This is what a person needs to say sometimes in order to make sure their schedule does not become overloaded.

500

## Question 11

This is how often assignments for each class should be written in a planner. This is also how often your planner should be checked so that necessary items will be taken home.

100



## Question II

Not everyone will benefit from the same system. Use what works best for you....just make sure to use something to get and stay organized!

True or False

**Question II**  
This is a phrase that people often  
use to help train the mind in fighting  
procrastination...

Good idea to find one that works for  
you!

Starting early, staying on task and  
working on projects will keep your  
life in balance.

## Question II

This is required of each student in Principles of Health Science to help stay organized, ensure better grades, and have less stress.

## Question II

500  
This will be placed within your binders to set-up a system of organization.

You will label each section to hold different class materials such as class notes, word parts, graded papers, etc.

# Question III

In addition to a planner and notebook, these items are also required daily in school to be truly organized and ready to succeed!

100

## Question III

200  
This should be free of distraction,  
comfortable in temperature, have  
good lighting, necessary needed  
materials/resources, and promotes  
good posture.

You may have 2 to 3 of these places  
but should have one “Main” spot.

## Question III

A weekly planner can be made out of a regular sheet of paper. A student would just create a new weekly planner on the same day each week.

True or False

# Question III

## 400

How does data enter the brain?



## Question III

Data is usually lost from short term memory in less than 500 minute/s.

## Question IV

100  
This is when the brain sorts through the information and determines what stays in long term memory (which hours of sleep)

## Question IV

200  
This is when a sticky substance is secreted into the synapses which hardens and secures the neural trace together. (what part of sleep)

# Question IV

These are the two best times to review for a test.

## Question IV

400  
A small to moderate amount of this can be good for getting interest and motivation. However too much can quickly become an inhibitor for learning.

## Question IV

Research shows that students who eat a balanced \_\_\_\_\_ of protein, fat, starch and sugar perform better.

# Question V

## 100

It is important to keep up with your \_\_\_\_\_ and to learn good note-taking skills in order to be successful.

# Question V

**200**  
Cramming works temporarily, but will not allow information to be transferred into long term memory without review.

What technique/strategy reinforces skills and concepts taught?



# Question V

Use 300 cards as flash cards  
to help you review.

**Question V**  
The biggest time-saver is to  
\_\_\_\_\_ <sup>now</sup> 400

Keeping on top of your work from the beginning will end up saving you many hours of work and the \_\_\_\_\_ of last minute preparation.

# Question V

## 500

A to do list place items in order of

\_\_\_\_\_.

ck

Answer I  
100

ORGANIZED

ck

# Answer I 200

PLANNER

ck

# Answer I

## 300

CALENDARS (WALL OR DESK)

ck

# Answer I

## 400

Planners

# Answer I

## 500

- “NO”
- maybe it can be rescheduled for another time.



ck

Answer II

100

EVERY DAY!

ck

Answer II  
200

TRUE

ck

# Answer II

“Just Do It” 300

“The Early Bird Catches the Worm”

“When You Snooze, You Lose”

ck

# Answer II

## 400

BINDER AND PLANNER

ck

Answer II  
500

DIVIDERS

# Answer III

100

PENS, PENCILS, PAPER, 1"3-  
RING BINDER, 3"x5" NOTE  
CARDS, GOOD ATTITUDE!

ck

Answer III  
200

STUDY AREA

ck

# Answer III

## 300

TRUE!! Is There a Volunteer to  
Demonstrate?



ck

# Answer III

## 400

THROUGH THE SENSES

ck

Answer III  
500

One Minute

ck

Answer IV  
100

1<sup>st</sup> THREE HOURS OF SLEEP

# Answer IV

## 200

Last 3 hours of sleep (which for most people is the second half of their sleep)

ck

# Answer IV

## 300

RIGHT BEFORE HE/SHE GOES TO  
BED & RIGHT AFTER  
BREAKFAST

ck

Answer IV  
400

STRESS

ck

# Answer IV

## 500

BREAKFAST

ck

# Answer V

## 100

NOTES



# Answer V 200

STUDY & REVIEW MATERIALS  
ON A REGULAR BASIS

# Answer V

## 300

INDEX

ck

Answer V  
400

STARTSTRESS

ck

Answer V  
500

IMPORTANCE