

Jeopardy

Planning For Success!!

I	II	III	IV	V
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>

Question I

100

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.

Answer

Back

Question I

200

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

[Answer](#)

[Back](#)

Question I

300

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.

[Answer](#)

[Back](#)

Question I

400

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

Answer

Back

Question I

500

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

[Answer](#)

[Back](#)

Question II

100

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.

Answer

Back

Question II

200

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

Answer

Back

Question II

300

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.

[Answer](#)

[Back](#)

Question II

400

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

[Answer](#)

[Back](#)

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.

Answer

Back

Question III

100

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

Answer

Back

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.

Answer

Back

Question III

300

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

Answer

Back

Question III

400

How does data enter the brain?

Answer

Back

Question III

500

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

Answer

Back

Question IV

100

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

[Answer](#)

[Back](#)

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)

Answer

Back

Question IV

300

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

Answer

Back

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.

Answer

Back

Question IV

500

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

Answer

Back

Question V

100

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

Answer

Back

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?

[Answer](#)

[Back](#)

Question V

300

Use _____ cards as flash cards to help you review.

Answer

Back

Question V

400

The biggest time-saver is to _____ now.

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

Answer

Back

Question V

500

A to do list place items in order of

_____.

Answer

Back

Answer I
100

ORGANIZED

[Back](#)

Answer I
200

PLANNER

[Back](#)

Answer I
300

CALENDARS (WALL OR DESK)

[Back](#)

Answer I
400

Planners

[Back](#)

Answer I

500

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

[Back](#)

Answer II
100

EVERY DAY!

[Back](#)

Answer II
200

TRUE

[Back](#)

Answer II

300

“Just Do It”

“The Early Bird Catches the Worm”

“When You Snooze, You Lose”

[Back](#)

Answer II
400

BINDER AND PLANNER

[Back](#)

Answer II
500

DIVIDERS

[Back](#)

Answer III

100

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

[Back](#)

Answer III
200

STUDY AREA

[Back](#)

Answer III

300

TRUE!! Is There a Volunteer to Demonstrate?

[Back](#)

Answer III
400

THROUGH THE SENSES

[Back](#)

Answer III
500

One Minute

[Back](#)

Answer IV

100

1st THREE HOURS OF SLEEP

[Back](#)

Answer IV

200

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

[Back](#)

Answer IV

300

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

[Back](#)

Answer IV
400

STRESS

Back

Answer IV
500

BREAKFAST

Back

Answer V
100

NOTES

[Back](#)

Answer V

200

STUDY & REVIEW MATERIALS ON A
REGULAR BASIS

[Back](#)

Answer V
300

INDEX

[Back](#)

Answer V
400

START

STRESS

Back

Answer V
500

IMPORTANCE

[Back](#)