

STUDY SURVIVAL TIPS

10 GOLDEN TIPS

- 1 Settle upon one location to do your studying.** Choose a place with good lighting, preferably with a firm chair and desk, and where interruptions or distractions will be at a minimum.
- 2 Make out a study schedule for one week,** allowing yourself breaks to reward yourself, and make an honest assessment of how well you did at the end of the first week. Revise it – and then try sticking to it for the rest of the school year.
- 3 Look back at the notes you took in school that day,** and review them again before the week has ended. We have a good chance of retaining new information if we recall it within 24 hours, and if we recall it once again within a week, the memory hangs onto it.
- 4 Try to do more than the bare minimum that is required.** Your interest in a subject will jump dramatically if you read some of the supplementary material recommended by the teacher.
- 5 Understand what you're supposed to do for your homework before you leave the classroom.** It's not good trying to figure out at 9 o'clock that evening what the mathematics teacher meant by something he said just before last period ended. Find out during class or after school.
- 6 Try to prepare ahead.** Both your interest and your retention rate will soar if you have read in advance material that your teacher will be presenting. Often, what you thought might be a boring class turns out to be fun.
- 7 Organize yourself so you complete chores before you start your homework.** Some students try to complete phone calls before homework. Other allow themselves the reward of a break to make social phone calls.
- 8 Organize your notes immediately after taking them** rather than waiting a few days or a week. If you feel you're still having problems, speak to the teacher of the subject which is giving you trouble.
- 9 Don't let yourself fall behind.** Nothing is more discouraging than the realization that you've missed an assignment deadline while other work is falling behind. If you know that you are going to be away for extra-curricular activities, speak to the teacher ahead of time to get the work. Be prepared to make adjustments to your schedule if you start finding yourself in a time crunch.
- 10 Finally, establish routines that will help you to stay organized.** Use post-it notes to remind yourself of important items. Placing them on your bathroom mirror or on the microwave will be a great prompt in the morning. Get in the habit of placing your backpack at the front door the night before so you're not scrambling in the morning.