Study Strategies

Some tips and tricks on how to STUDY for and ROCK tests and quizzes
Memorization without a strategy
Tip 1: Develop a system that works for YOU!

How much people retain/remember:

- **10% of what you READ**
- **20% of what you HEAR**
- **30% of what you SEE**
- **50% of what you SEE and HEAR**
- **70% of what you SAY as you talk**
- **90% of what you SAY as you DO**

- “I hear and I forget, I see and I remember, I do and I understand.”
Tip 2: Take Advantage of Class and Your Teacher

- Pay attention when your teachers say, “this is important” or if they write something down. There is a good chance it will be on the test.
- When you study early and often you have time to ask clarifying questions.
- Use class work time as a study group.
- When notetaking, **bold, CAPITALIZE, highlight, and underline CRITICAL INFORMATION**
Tip 3: It’s all about the environment

- When studying at home keep the space organized with a specific place for everything (i.e. paper, pens, etc.)
- Make sure it is comfortable, but not so comfortable you will fall asleep!
  - Good temperature
  - Bright lighting
  - Use a flat surface
- Have everything you need to study with before you sit down
- Use a space that is void of distractions
  - Put your phone, TV, computer (unless using it to study) out of site
  - Away from family and friends (unless they are studying or helping)
Tip 4: Timing is everything

- Begin studying at least a week before the test to have plenty of time to ask questions.

- Avoid cramming – if you study for 15 – 30 minutes each day you will understand, remember, and learn much more successfully than studying for 4 hours the night before.

- Continue daily habit as usual (don’t drastically reduce your sleep, eliminate exercise, or under/overeat).

- Study no more than 45 – 60 minutes at a stretch.

- Take 15 – 30 minute breaks away from your desk to do something different. Enjoy your break and reward yourself!
Proven Study Strategies

Read w/Purpose
• Actively read
• Search for important ideas
• Think about ideas while you read
• Be alert to main ideas, bolded terms, and key details

Recite
➢ Describe or explain topics aloud in your own words
➢ Teach the info to someone else

Write
• Make Ch. Study review cards from study guide
• Make flashcards
• Mark what you don’t understand to go back to it later

Visualize
➢ Close your eyes and “picture in your mind” any diagram, chart, word, map, event, etc. you are trying to remember

Extract
• Important details
• Key info that supports the main idea
• Look up unfamiliar words/concepts
Flashcards

- Good for **vocabulary** and **terminology**
- Testing/quiz yourself on concepts
- Word and Definition OR Question and Answers
- Study them and then have someone quiz you by reading the definition and you say the word then vise versa (have them put it in their own words, not just verbatim)

Online Flashcard Websites:
  - Quizlet.com
  - Kahoot.com
  - Studyblue.com
  - Cram.com
  - Flashcardmachine.com
  - Studystack.com
  - Avoid premade flashcards in order to take advantage of studying and learning while you make them.
Benefits

➢ Stay motivated because the group needs you
➢ Commit more time to studying
➢ **Group discussions help you learn the material**
➢ Share class notes and other material
➢ Pick up new study tips and habits

❖ Working in groups can be a distraction for some!
Visual Learners

Mind Maps

Picture Dictionary
Memorizing Strategies

**Acrostic**
- The first letter of each line in the text spells out a word or a message
  - Special
  - Inspiring
  - Smart
  - Talented
  - Elegant
  - Reliable
  - Spirited

**Acronym**
- An abbreviation used as a word which is formed from the first letter in a phrase
  - YOLO: You Only Live Once
  - My Very Educated Mother Just Served Us Nine Pizzas: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto

**Image-Name Technique**
- Invent a relationship between the name of something and one of its physical traits
  - i.e. curly haired Shirley Temple

**Rhyme Keys**
- Memorize key words that can be associated with numbers
- Memorize to a rhythm, song, or jingle
Memorization With A Strategy!
- http://www.studygs.net/memory/memrhyme.htm
- http://www.csc.edu/learningcenter/study/studymethods.csc
- https://www.examtime.com/blog/study-hacks/
- http://butkevich.wikispaces.com/file/view/Cornell+Notes+How+To
- http://www.educationcorner.com/study-skills.html
- http://www.how-to-study.com/study-skills-articles.asp
- http://lsc.cornell.edu/Sidebars/Study_Skills_Resources/SKResources.html
- https://www.youtube.com/watch?v=JsC9ZHi79jo