

Study tips to help you be successful...and stress less!!

1. Manage Your Time Wisely

When you know you've got a quiz or test coming up...be prepared. Make it easy on yourself, and study a little bit each day leading up to quiz/test day.

2. Be Organized!

Keep a weekly or monthly planner or use a journal. If planners aren't your thing, try making "to do" lists, or using your phone calendar to keep track of assignments and important dates and events.

3. Know How You Learn

Find out what works for you. Are you a flash card girl? Maybe you're a guy who writes down vocabulary words 20 times each to learn them. Experiment with new things to find out what study tips work for you.

4. Is There a Better Way to Study?

A lot of people cram for tests by studying into the wee hours the night before. Take an honest look at your study habits. Repeated, short sessions of studying are much more effective than a six-hour cram session the night before a final.

5. Catch Some Zzz's!!!

Don't stay up until 4 a.m. studying for a test! It won't work...Sleep has been scientifically documented to be a significant factor on how well you perform on other tasks...and once you start writing the test...you'll want to fall asleep!

6. Attend Class

Attend class...do well on tests. Enough said?

7. Ask Questions

Don't be afraid to ask your teachers for help! They aren't there to scare you; they're a valuable resource. Students in your class are another great source of information and support. Be sure to exchange phone numbers and email addresses with them during your first few weeks of class.

8. Make Study Groups

Studying with other students and working on assignments together can be helpful too. You can clarify points you may not understand, and help others by explaining the parts they find hard. Teaching others may even help you grasp a better understanding of the information as well.

9. Take good notes

Take notes in class. Writing and note taking are important study skills for high school students and beyond. Don't write everything your teacher says, but be sure to highlight the important points. You can also compare notes in with other students to review parts of the lecture you found difficult or may have missed.

10. Study Inside, Outside, in the kitchen, in your bedroom...

Choosing multiple places to study will keep your boredom level low and may even help you perform better on tests.