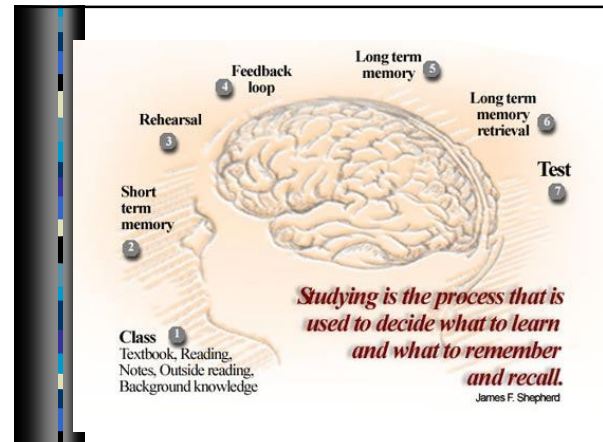
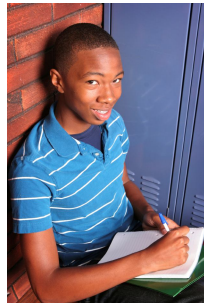


Improving Your Study Skills



Reviewing Notes

- Unless a student reviews within 24 hours after the lecture or at least before the next lecture, his retention will drop; and he will be relearning rather than reviewing.



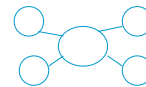
- A method of annotation is usually preferable to recopying notes. The following suggestions may be helpful:
 - Underline key statements or important concepts.
 - Use asterisks or other signal marks to indicate importance*.
 - Use margins or blank pages for coordinating notes with the text.
 - Perhaps indicate relevant pages of the text beside the corresponding information in the notes. (p237)



Studying

- Start out by studying the most important information.
- Learn the general concepts first; don't worry about learning the details until you have learned the main ideas.
- Keep a positive attitude, it is easier to study when you are relaxed than when you are stressed out.
- Write down the key ideas/formulas on a sheet of paper and keep on studying from that sheet, repetition is important.
- Study from past tests, review questions, homeworks & review sheets.
- Do any practice exams or study sheets provided by the teacher. These will help you focus your study session and give you confidence.

Visualize!



- When Einstein thought through a problem, he always found it necessary to formulate his subject in as many different ways as possible, including using diagrams. He visualized solutions, and believed that words and numbers as such did not play a significant role in his thinking process.
- Fix concrete imagery whenever possible. Close your eyes and get a picture of the explanation and summary answer. Try to see it on the page. See the key words underlined.
- Represent the idea graphically by use of pictorial or diagrammatic forms.
- Make sure that you understand the material well, don't just read through the material and try to memorize everything.

- Create your own study aids:
 - Make an **outline** from your notes of just the main ideas.
 - Make a **timeline** of important dates or the order of events.
 - Make **flashcards** for studying vocabulary or events and important dates.
- One of the most common reasons that students don't remember is because material is presented in a way that is **confusing or doesn't make sense**. Students who try to memorize information they don't fully understand struggle to remember what they've read or heard. Don't try and memorize the author's words. First, put the information you're reading or hearing into your words as **your own words** are going to be meaningful and easy to understand. If you can't put information, a concept or idea in your own words it's very unlikely that you're going to be able to remember the material for very long.

Acronyms

The use of acronyms can be helpful when a list of facts or sequence of items must be remembered. An acronym is a word or phrase made from the initial letter or letters of each of the parts of a compound term. Of course, acronyms can be created by students to remember a specific item, such as the planets in our solar system in sequence (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune). Taking **the first letter of each word**, you would have m, v e, m, j, s, u, and n. Make up a nonsensical **phrase to help you remember** the exact order, such as, "My very elegant mother just served us noodles."

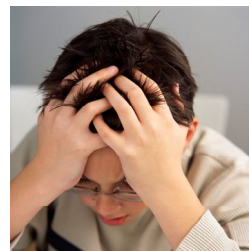


- The best way to ensure active studying is to think about the information you're learning by **explaining it out loud to yourself or other people** in your own words. Another way to actively study and improve your memory is to think critically about the material you're studying by comparing and contrasting, asking "how" and "why", determining its significance, etc.
- Make up your own quiz or test based on your notes and have a **friend, parent or sibling test** you.
- Actually write out examination questions on the material that you think you might get at the end of the term. **Then write answers** to your own questions.

Since you now have the chance, **consult the text** or your notes to improve your answers



Get help from the teacher if you do not understand something!



On tests:

- **Read all the answer choices before selecting one.** It is just as likely for the last answer choice to be correct as the first.
- **Cross out answer choices you are certain are not correct.** This will help you narrow down the correct answer choice.
- **Look for two answer choices that are opposites.** One of these two answer choices is likely to be correct.
- **Look for hints about the correct answer choice in other items on the test.** The correct answer choice may be part of another item on the test.
- **Look for answer choices that contain language used by your teacher or found in your textbooks.**
- **Do not change your initial answer unless you are sure another answer choice is correct.** More often than not, your first choice is correct

References



- <http://www.ucc.vt.edu/stdysk/editing.html>
- www.studygs.net
- www.how-to-study.com/
- <http://www.testtakingtips.com/study/index.htm>
- <http://www.educationatlas.com/remembering-information.html>
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