

## **TAKE 10--QUICK STUDY TIPS**

1. Study on a daily basis. Whether you use your planner, your laptop, or your phone, stay organized. Don't wait until the night before the test to study. Cramming may help you temporarily memorize but it is likely you will quickly forget everything. If, while you are studying you don't understand something, you will be able to meet with your teacher to get clarification prior to the test. You can't do that at 3 am.
2. Focus, don't multitask. I know you think you can text, Google, and watch TV all while simultaneously studying your chemistry notes, but you can't.
3. Study your hardest, least liked subjects first. These classes take more brain power and persistence and you'll do your best when you are fresh on the scene of homework. It may be tempting, but don't start with your easiest subject.
4. If you're busy with work and extra-curriculars and you can't even *find* your desk much less put a book on it, study when and where you can. Go to the public library, study at school or on the bus; wear ear plugs if you must. Just study; don't procrastinate. Studies have shown that just switching study spots can increase data retention.
5. Your goal of studying is not how much you remember, it's how much you understand. Make your goal of studying to understand the material. Ideally, you should be able to explain that chapter to someone (even a parent) who isn't in your class. If you can answer their questions with ease, that's even better!
6. Try not to study late, late at night. Your brain is tired even if your body isn't.
7. Don't forget to exercise. Movement increases blood flow to your brain. Go for a quick jog, walk the dog, chase the cat. Just move.
8. Know how you learn. If you learn by listening and talking, study with a friend or form a study group. If you need it quiet, study in the library.
9. When you study or read, pay attention. Don't quickly skim the chapter and promise to circle back and re-read it on the weekend. Do it right the first time: focus, read slowly, take notes, and summarize in your own words what the author wants you to know.
10. Communicate with your teachers on a regular basis. Seek help when you don't understand something. Let them know you want to improve. Different subjects require different study approaches. Ask your teachers to help if the strategies you have always used are no longer working,