

# HOW TO STUDY

A guide for students preparing to write their  
first major tests or exams

# MISCONCEPTIONS

- Studying is an innate ability
- That ALL students have and are capable of utilizing
- IF ONLY they would apply themselves

# MISCONCEPTIONS (cont'd)

- In fact experience shows
- that many students do not know how prepare themselves for a major evaluation
- And that teachers and parents assume that if they keep trying they will eventually 'get it' (survival of the fittest – syndrome)

# GETTING STARTED

- Studying is like any other skill
- To acquire it successfully
- It needs to be taught,
- Taught well and reinforced through practice
- By all members of the team

# CHALLENGES

- To organize a body of material
- In a specified period of time
- Master it's contents
- Apply the knowledge and skills acquired
- To answer questions, about that content or skill

# BREAK IT DOWN

- Organization
- Time Management
- Are You Ready?
- Cover The Bases
- You Play Like you Practice
- The Night Before
- Game Day



# Organisation

- Organization is an acquired skill
- Students need to be taught it
- They need to practise it
- We (parents and teachers) need to model it
- We need to expect students to utilize these skills

# Organisation (Environment)

- A quiet place to work
- Well lit
- Materials available
- Free of distractions

# Time Management

## Timing Is Everything

- Agenda/Calendar (home)
- Structure the task time each day
  - Analyze the task and time available
  - manageable chunks/a little everyday
  - Physiology – build in breaks BUT watch out for distractions!
- Parents assist

# Are You Ready

- Environment
  - Quiet
  - Well lit
  - Free of distractions
- Raw Materials;
  - Complete notes (organisation – note taking keeping, highlighting & underlining)
  - Textbook
  - Unit Outline
  - Materials to make study notes

# Cover The Bases

- Remember about ‘Structuring the Task’
- Make Lists (skim read):
  - Definitions, diagrams, formulae, concepts, characters, etc.
  - Things not understood
- Comprehensive Read:
  - For understanding
  - Can be combined with above or next step
  - Get help for ANYTHING not understood (list)

# Play Like You Practice

- No pain no gain
  - Practice doing questions, labelling diagrams, defining terms, explaining concepts
  - Redo previous quizzes, homework assignments, tests, etc.
  - Surf the net (<http://highschoolace.com/>)

# The Night Before

- Avoid cramming  
(organization)
- Some review,  
especially those things  
that were most  
difficult
- No substitute for good  
night's rest

# Game Day

- Preparation can produce a ‘can do’ attitude
- Parents can help get ready and assist organization, making sure some of the detail are taken care of (pencils, calculator, etc.)
- Keeping Your Head In The Game
- Positive Support – doing your best.

# Trial & Error

- Not all of this works for all students
- Be prepared to add, delete or modify whatever doesn't work
- Reinforce the positive (what went well)
- No silver bullet

# Psych Stuff

- Summative Evaluations are high stakes
- There can be a lot of anxiety associated with writing tests/exams
- Students need ALOT of support, coaching, role modelling, hand holding, coddling, pushing, structure, encouragement, discipline, care & most important, LOVE.

# Perseverance the Key

- You may be the only adult in their life with the time to invest in assisting them to really learn this skill
- In the end both of your efforts will pay off if you are flexible and organized

Success!

A+