



Study Strategies

Tools for Helping Students Reinforce Their Learning

There are many ways to study, but some of the most effective techniques require active involvement with the subject. For example, rewriting or verbally explaining topics to someone else is more effective than just reading a passage. Here are some helpful hints to maximize your learning and improve your study skills:

Organization:

- Set a regular schedule and routine:
 - Work in a comfortable environment with good lighting and minimal distractions.
 - What tools do I need to have access to?
 - What is my schedule? What time will I start, and how much time will I spend on each subject each day?
 - When and how will I be accessing their teacher?
 - Remember to include brain breaks :)
- Read the directions from your teachers carefully.
- Print off directions and highlight or cross out as you complete each step.
- Use a calendar to mark due dates & test dates. Keep this somewhere where you can see it every day.

- Create a daily To-Do List: Go over your tasks, prioritize, and divide into manageable chunks. Cross off or highlight as you complete each task.
- Schedule breaks.

On Your Own:

- Create a glossary of terms from your notes and textbooks.
 - Look up any unfamiliar words and write out their definitions.
- Create a mind-map as you move through a topic.
 - Place the main topic at the centre.
 - Add terms and concepts as you encounter them, drawing lines to demonstrate connections and relationships.
 - Use different colours to demonstrate groupings of concepts.
- After reading a passage, write a brief summary paraphrasing the content and identifying the key ideas.
- Build concept tables:

Concept A		Concept B	
Definition:		Definition:	
Examples:		Examples:	
Advantages:	Disadvantages:	Advantages:	Disadvantages:

- Create flip charts or flash cards: definitions, pictures or images, facts, dates, etc.
- Read your materials slowly and carefully - don't rush through.

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- Highlight and review topic sentences and summaries at the end of chapters.
 - Active Reading: Use post-its to jot down notes, underline or highlight important text, or talk out loud and ask questions about the reading material to help with working memory.
 - Look for context clues.
 - Use mnemonics or creative devices.
 - Create a graphic organizer to help remember formats and steps.
 - Create test questions.

Together:

- Explain course concepts to someone else.
- Read material out loud to someone.
- Play games:
 - Mental Math: card games such as Multiplication War, Cribbage, Backgammon, Sudoku.
 - Critical Thinking: chess, monopoly, checkers.
 - Word Games: Scrabble, cross-words.
- Trade test questions with a friend.

Relaxation:

- Prepare your materials ahead of time so you feel ready for the test.
- Exercise and be active every day.
- Moderate your breathing.
- Chew some gum.
- Get up and stretch.
- 5-4-3-2-1- Mindfulness:
 - 5 things you can see
 - 4 things you can feel
 - 3 things you can hear

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- 2 things you can smell
 - 1 good thing about yourself
 - Get a good night's sleep.
 - Eat a healthy breakfast.
 - Talk about how you're feeling with a trusted friend, parent, or teacher.

Don't Procrastinate:

- If you can do a task in 10 minutes, do it.
- Break large tasks into smaller chunks.
- Set a timer: work for 15 minutes and then take a break.