

Study Skills

1. Find your own quiet place at home to study where you can concentrate and do better on your homework.
2. When studying, sit in a comfortable chair but not one that is TOO comfortable.
3. Don't do homework in front of the TV—it is too distracting. While you're at it, try to ignore the telephone – your friends can leave a message.
4. Quiet background music might help you stay focused while you are studying.
5. Study with a friend or a group of friends. Compare notes and ask each other questions.
6. Know what your learning style is, and study in a way that best matches your own learning style.
7. Take short but frequent breaks, like a five minute break after twenty-five minutes of studying.
8. Try to relate what your are studying to things you already know to remember information more easily.
9. Start with the most difficult tasks or assignments and then move on to the easier ones to focus maximum brain power on the hardest tasks.
10. The quality of your study time is much more important than the quantity of your study time.
11. Get into the habit of studying every day.
12. Try to determine your best study time and plan on studying at that time every day.
13. Think of homework as practice, not work. You know that you don't get better at things like sports, music, or art unless you practice. School is the same.
14. Plan on a fun activity for yourself as a reward for when you are DONE with your studying.
15. After each study session, try to recall the main points and as many details as possible.
16. If you are not sure about something, ask a teacher, parent, or friend for help. Asking questions is one of the most effective ways to learn!
17. Plan to spend MORE time (not less time) on the subjects that are harder for you.