

How do I KNOW that I KNOW this stuff?!?

Some students will get back a test they did poorly on and say "I thought I was prepared. I thought I knew that stuff".

Many of these students read their notes, or did a few practice questions and were familiar with the work, so they moved on. The problem was they did NOT KNOW the information. They could not recall it when they were faced with "the blank page".

If you can write a question on a blank page and answer it COMPLETELY without looking at your notes or textbook, you can safely say "I know this stuff". If you can NOT answer the question, or write the definition, or list the main points on a blank page, then you do NOT know the material.

Take the time to test yourself, or have a parent or friend test you on important topics or questions. Make sure you KNOW your stuff!

Study tips and ideas

Repetition: Try **repeating** the definition over in your head. If you feel you know it, write it out on a blank sheet of paper. Compare it to your teacher's definition. If it is correct, move on, if not, **repeat** the procedure.

Acronyms: If you need to remember several points about a topic, create an acronym to help you remember.

Diagrams: If you are a visual learner (if you can picture things in your head when remembering), use or create diagrams to help you remember. Even if the diagram is made up of words, create something you can visualize to help you remember.

Poems or rhymes: Try putting a concept or list of facts about a topic to music (but use your inside voice during the test!).

Once you know something, move on. Do not waste valuable study time reviewing what you know, move on to things you DO NOT know.

STUDY SKILLS



Ancaster High School

STEP 1: SETTING YOUR GOALS



**What I
want for
ME !!!**

Before you start studying you need to decide on what your **goals** are. Some students say things like “My goal is to get an ‘A’”, but they are not prepared

to do the work to earn an ‘A’. Students who say this are not really setting a goal, they are expressing a **wish**.

Here’s the difference:

A **wish** is something that would be nice if it happens, but does not require any plan or work to receive it.

A **goal** is also something positive, but requires a plan and actions.

Make your goals your own! What do you want?!? What is your plan to accomplish that goal?!? What are you prepared to do to reach that goal?!?

Basic Rules for Effective Studying

Make sure you have ...

TIME: When is a good time to study for you? Are you a morning person, or do you work best after dinner? What other things do you have going on in your life? Do you have to babysit a brother or sister after school, or do you play sports in the evening?

When deciding on a **TIME** to study, you have to make sure you will have no interruptions, no distractions, and that there will be enough time to prepare for the test or exam.

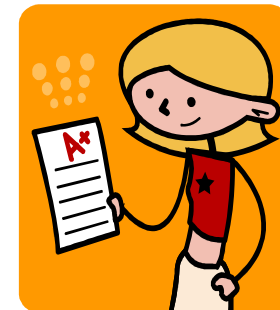
For major tests and exams you will need more than one day to study. Make sure you plan ahead enough days to accomplish your study needs. Find the right times and the right days for your study periods well in advance. Leaving things to the end is never a plan, it is avoiding reality.

Make your plan and stick to it!

SPACE: When you begin studying it is important to find the right location. If you will be writing out notes, or reading from books, make sure you are at a suitable desk or table. Get everything you will need to study ready before you begin so you don’t have interruptions. Effective study requires you to be able to read, write, and sometimes recite. You can NOT do these things well if you are surrounded by distractions.

Choose your study spot well!

ENERGY: If you are not willing or able to focus, your study time will be ineffective. Break up your study time into smaller time frames and schedule in **SMALL** breaks. For example, if you need to study for 2 hours, you could study for 25 minute sessions with 5 minute breaks. When you are on a break, walk around, get a drink, have a quick snack. Do something to wake yourself up, keep you focused, and energized. Do NOT use “energy drinks” or caffeinated beverages. They may keep you from sleeping when you need to or may cause you to “crash” later on. Get regular sleep and eat healthy foods, especially during exam time!!



**I got what I worked
for. I achieved my
goal!**