

How *DO* You Study?

A Study Skills Tutorial



Dundas Valley Secondary School

Compiled from many expert sources by D.V.S.S. Guidance

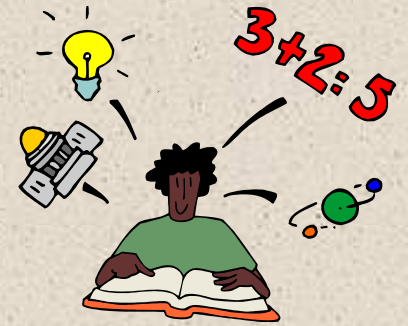
What is my starting point?

Reading your notes

- *this will help you become familiar with course content you may have forgotten*
- *this is only the first step*



What should I do next?



A. **Recite your notes**

- *reading your notes out loud helps you to focus and remember what you are reading*
- *reciting your notes without looking at them after reading tests your memory*
- *especially helpful for definitions and terminology*

Next?



B. Write out your notes

- *writing down the content helps you to remember the material*
- *writing is much more effective than just reading and reciting the content*

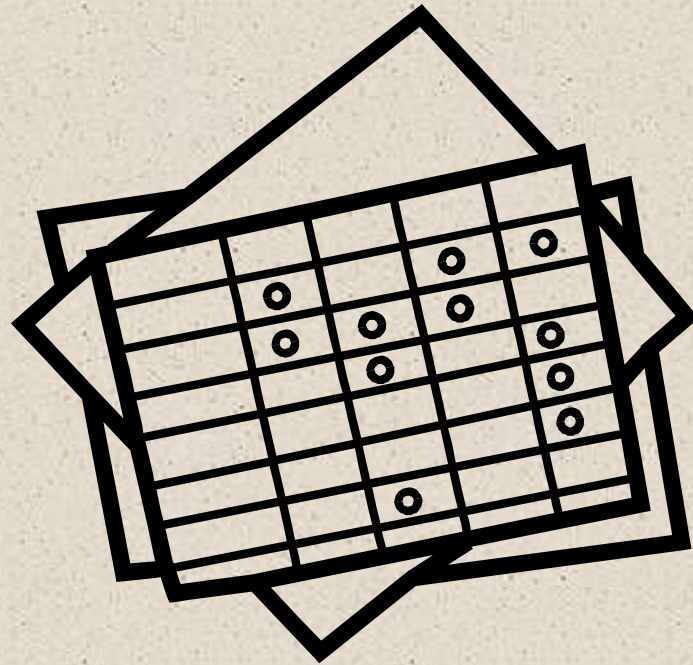
How to study by writing

- Prepare lists



How to study by writing

- Prepare comparison charts



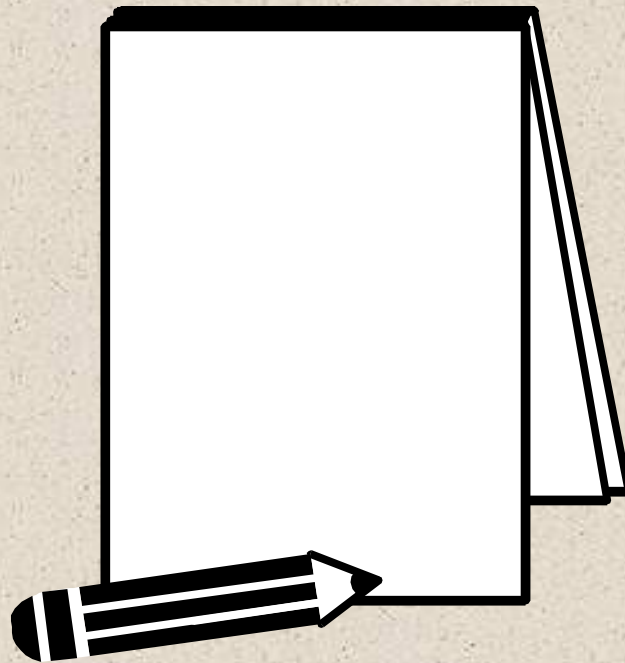
How to study by writing

- Prepare a “Cheat sheet” (or data sheet) – even if you can’t use it in the exam, it’s worth the effort!



How to study by writing

- Create flash cards for studying – use cue cards, recipe cards, or pieces of paper



How to study by writing

- Make sample questions that might be on the test or exam



How to study by writing

- Make vocabulary or definition sheets



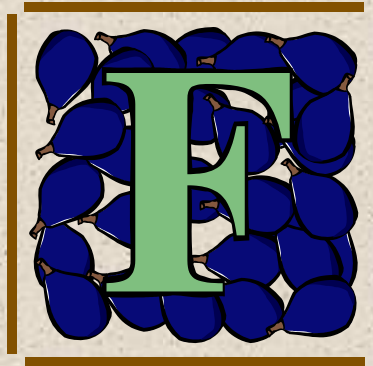
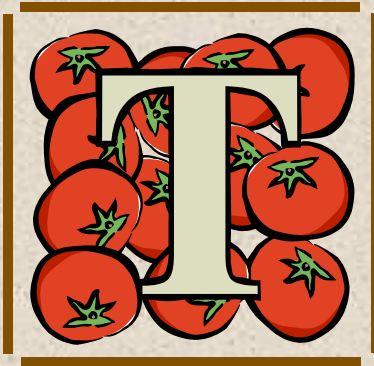
How to study by writing

- Summarize long passages into point form notes



How to study by writing

- Make a true/false sheet to quiz someone else



SQ3R – A Reading Technique for Studying

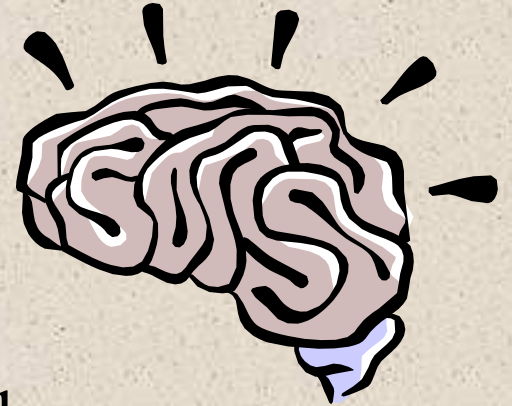
1. **Survey** – scan all headlines, pictures, captions, diagrams, sections, vocabulary
2. **Question** – ask what you don't know – what jumps out as important? Think about what could be on the test.



SQ3R – The R's

3. **Read** – read carefully and take notes
4. **Recall** – actively remember what you have read by talking aloud, or writing it down
5. **Review** – use as many techniques as you can to review the important material by yourself and/or with a peer

Mnemonics



- Create mnemonics to remember facts like names, definitions, formulae, and lists
- Mnemonics are memory aids – rhymes or sentences that you create to help you remember – the key is to create something you think is clever so you can remember it!



eg. Every Good Boy Deserves Fudge for the
note names EGBDF

More Mnemonics

Roy G. Biv

(the colours of the spectrum)



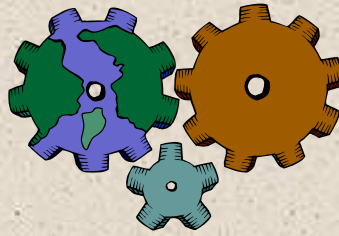
What mnemonics have you used?

Make your own...e.g.

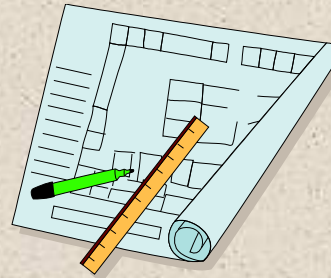
**My Very Efficient Mother, Judy, Stacked
Up Nine Plates** *(the names of the planets)*

Other memory devices

- Draw pictures



- Make diagrams



- Create word webs to connect all information



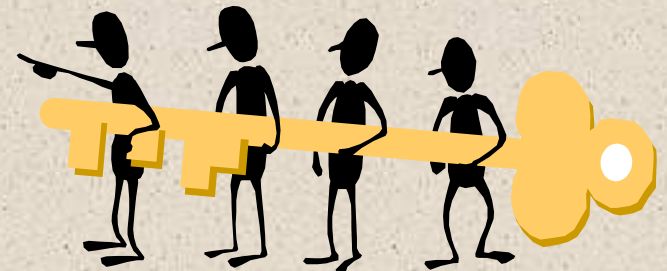
- Create a song (just don't sing aloud during the exam!)



Studying with others

Studying with a partner can be very effective if both partners are on-task. Together, you can do the following:

- *Read together to ensure you both understand course content and how you will be assessed*
- *Create sample questions*
- *Research and share information*
- *Quiz each other*



What techniques are most effective?

1) Self-testing

How you are assessed	How you should study
Solving equations	Solve equations
Essay question	Write an essay with time restrictions
Short answer questions based on a reading passage	Read an appropriate passage and write out answers to questions in complete sentences
Multiple choice	Answer questions that involve terminology or problem solving

What techniques are most effective?

2) Teach someone else

- *teaching material forces you to understand it completely*
- *if you don't understand the material, you will soon discover your weaknesses when you try to teach it*



Teaching someone else (continued)

When you think you know the material, teach a parent, a friend, a sibling, a neighbour, anyone who will listen to you.

Have them ask you questions as if they don't understand the material and that will force you to see if you know it – if not, go back to review or get assistance.



Study Habits: Avoid Pitfalls

- **Daydreaming** – *keep your focus on the subject – it is your #1 priority.*



Study Habits: Avoid Pitfalls

- **Poor Concentration** – *writing keeps you focused – question yourself every few minutes to keep your focus.*



Study Habits: Avoid Pitfalls

- **Priorities** – *make school your priority and when you have studied, reward yourself with something fun.*



Study Habits: Avoid Pitfalls

- **Fatigue and Boredom** – *break up your studying with nutrition and exercise breaks. Make sure you are getting enough sleep at night to study effectively.*



Study Habits: Avoid Pitfalls

- **Cramming** – *this is a stressful way to study and you won't retain the material in your long-term memory.*



Study Habits: Avoid Pitfalls

- **Procrastination** (putting off tasks until the last minute) – *keep an agenda to organize and spread out your study sessions – plan in advance*



Counteract Pitfalls

- *Know yourself – be aware of mental, emotional and physical triggers of procrastination*

- *Mental triggers*

“I’ll do it tomorrow...”

“This is stupid.”

“I can’t do it until...”

“I can’t do this.”

Counteract Pitfalls (continued)

Emotional diversions:

- *Turn frustration into a challenge*
- *Separate fact from belief*
- *Accept anxiety as a healthy part of the exam process*

Counteract Pitfalls (continued)

Physical Triggers

- *Find the physical source of your tension (e.g. hunched shoulders, pulsing eye)*
- *Use relaxation techniques, exercise to break it up*

Study Habits: Goal Setting

Set short and long-term goals to reach your target. *For example,*

Short term:

In the next half hour, I'll create cue cards for 10 definitions.

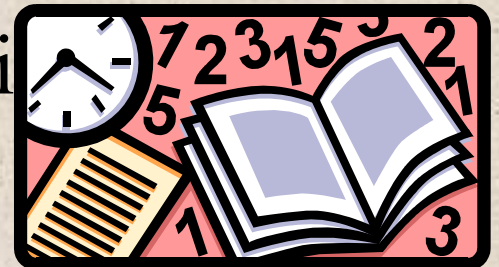
Long Term:

I'll study these definitions every night for three nights before the test.



Study Habits: Time Management

- Study in short periods with frequent breaks
- Study many days before the test to put the material into your long-term memory
- Study the material as soon as possible after you learn it in class – study throughout the semester, not just before the exam
- Use an agenda to plan your study sessions so you have time for other activities



Study Habits: Environment

- Find a quiet place to study
- Good lighting helps you to stay alert
- Have study materials handy (paper, cue cards, highlighters, etc.)



Test Terminology

Compare	Tell what is the same and what is different.
Describe	Tell about something in a step-by-step manner. You may need to use words, numbers, graphs, diagrams, symbols, charts, and/or pictures to do this.
Explain	Use words and symbols to make your solutions clear and understandable. Clarify something. Give reasons. Use a cause and effect or step by step explanation.

More Test Terminology

<p>Give reasons for your answer</p>	<p>Explain your reasoning in your own words. Give reasons and evidence to show your answer is correct or proper.</p>
<p>Show your work</p>	<p>Record all calculations. Include all steps you went through to get your answer. You may want to use words, numbers, graphs, diagrams, symbols, charts, and/or pictures to explain your thinking.</p>

More Test Terminology

List	Write down or identify in point form.
Analyze	Break down into parts and look at each closely.
Classify	Sort persons, things, ideas into groups according to ways they are alike.
Contrast	Give only the <i>differences</i> between the two things. Give examples to show the differences.
Define	Give a clear, concise definition or meaning.

More Test Terminology

Discuss	Write about an issue from both sides.
Evaluate	Explain why something is good or bad. Judge the idea / concept carefully from all sides. Give plusses and minuses and back up with facts.
Justify	Tell why an idea or point of view is good or right. Back up information – advantages and disadvantages.
Outline	Organize the facts by listing the main points.

More Test Terminology

<p>Prove</p>	<p>Show that something is true by providing facts like statistics, quotes, events.</p>
<p>Summarize</p>	<p>Present the main points of an issue, article, event or story in shortened form. Examples are usually not included.</p>

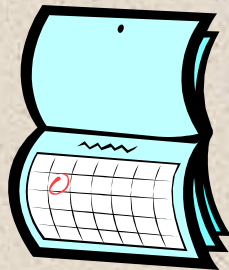
Final Study Tips

- Use a calendar to plan your studying. Review your last exams early so that you avoid needing to cram if you have a compressed exam schedule.
- Skim each lesson quickly. Get an overview, keep the purpose in mind, then tackle details and difficulties.



Final Study Tips

- Set up a schedule so you know what you will be reviewing each night, and know that you can cover everything in the time you have.



- Know the format of the exam – essay question, short answer, multiple choice, etc.



- Don't assume something won't be on the exam

Be Prepared

The best remedy for nerves is to be prepared. An exam is designed to allow you to show what you know. If you are prepared, you can look forward to the challenge!



Happy Studying!

(and good luck!)

