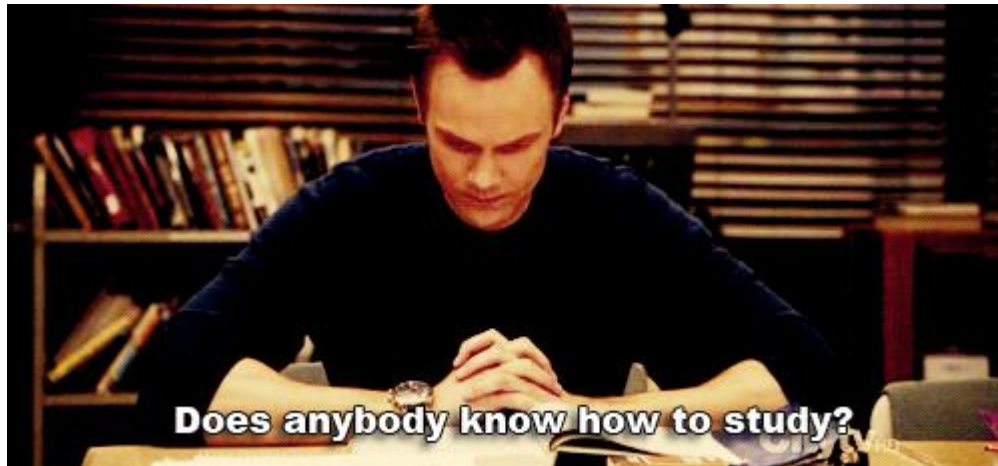


## Day 3 of 5: The Art of Studying



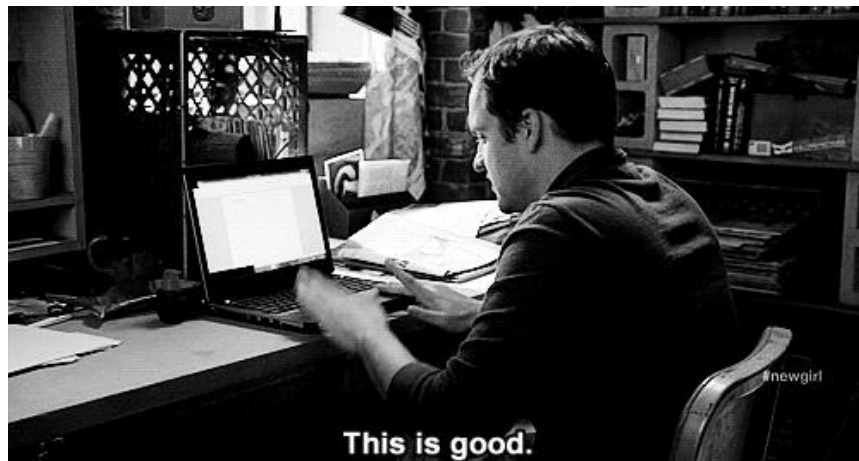
1. Find a quiet place, free of distractions
  - Tell your friends you'll be unreachable
  - Turn off your cell phone
  - Promise yourself NO social media
2. Gather all of your materials before you start
  - Pens, paper, laptop, calculator, note cards
  - Textbook, class notes, handouts
  - Water and something healthy to munch on
3. Set goals
  - It is much better to study for a test in several short bursts with a wrap-up session the evening before or the day of the exam.
  - If, for example, you are being tested on three chapters, set up four two-hour study sessions – one for each chapter and one for final review.
4. 1 & 10 Rule: 1 hour study sessions & 10 minute breaks
  - Study for half an hour, or an hour at most, and then take a five- or 10-minute break to refresh your mind (and possibly, your attitude!)
5. There are many different ways to study, and you will quickly find out what works best for you. Here are some suggestions –

## Ways to Study



The Reading Method: reading out loud makes your brain focus more clearly on the words and you are less likely to find yourself drifting away.

- Read and re-read and read your textbook again, class notes and handouts one more time after that
- Read everything you highlighted OUT LOUD if you are in a place where you won't disturb anybody else
- Repeat important phrases to get them stuck in your mind. Make sure, though, that you *understand* what you are reading
- Finally, if there are questions at the end of each chapter, answer them. (Again – hopefully you already did this.)



The Writing Method: writing is *active* learning and you are more likely to remember things if you write them down.

- Rewrite the important things in your own words; elaborate if you can



Flash Cards: making flash cards is a great combination method, and it's especially good if you need to learn dates, vocabulary/definitions, short facts or formulae.

- On one side of the card you write down the word or the date or the name of the formula, and on the other side you write the answer
- Then test yourself or have someone test you
- Flash cards can be your best friend before an exam – write them up early and keep them in your backpack, and then every 10-minute break can be a study session



Mnemonics: a device such as a pattern of letters, ideas, or associations that assists in remembering something.

- Mnemonics are an excellent memory tool if you need to know a set of information
- Remember the Order of Operations in Algebra? Me neither, but I do remember the mnemonic that helps me recall it: P.E.M.D.A.S (Please Excuse My Dear Aunt Sally) which represents Parenthesis, Exponents, Multiplication, Division, Addition and Subtraction
- You can create a mnemonic that will help you remember and recall information that may stay with you for years!