



STUDY SKILLS

Strategies for Success!

St. Theresa's Library: 2020

INTRODUCTION



- **Everyone** has ways they can improve their work habits.
- Whether it's time management, focus, planning, or skill development, these are skills that we all work on for our entire life.
- The focus on **THIS** presentation, is study skills.
- These skills are for preparing for a specific test or exam...not day-to-day work habits, or even how to write a test; those are different lessons.
 - However, there are elements in this presentation that could prove helpful to all of those areas too!

The Iceberg Illusion

Success
is an
iceberg



SUCCESS!

WHAT PEOPLE
SEE



Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE
DON'T SEE



Dedication



Hard work



Discipline



@sylviaaduckworth

PERSONAL STUDY RULES

- If you find that your study sessions are unproductive, or you're struggling with motivation, establish some personal study rules for yourself.
 - This can be a HUGE help!
- These rules can include setting times, finding a suitable study place, and limiting your distractions.
- After you have established some rules, be sure to tell your parents or other trusted family members and friends to help you enforce the rules.
 - This will **really** help to keep you focussed and on target for success.



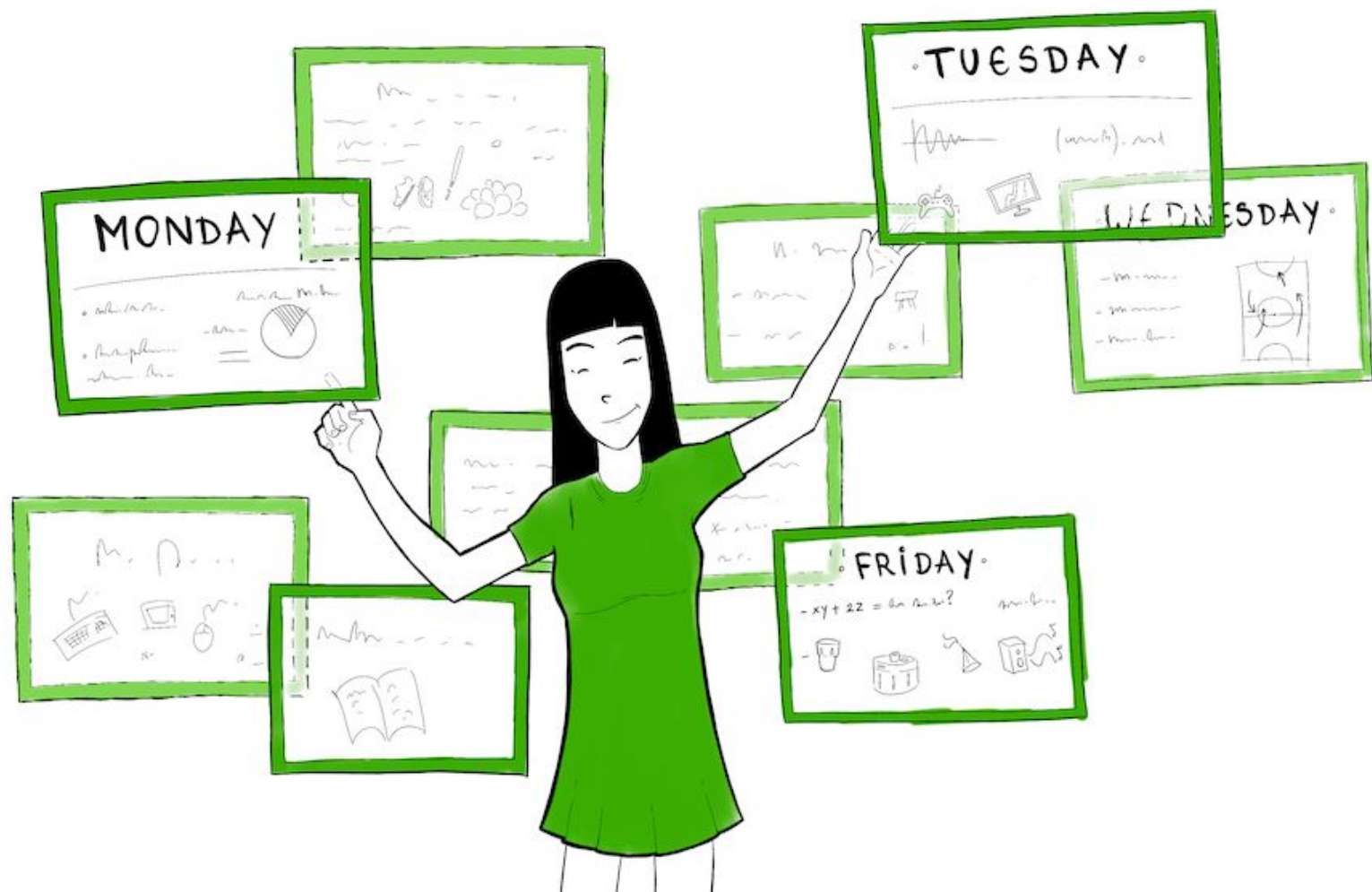


LIGHT UP YOUR STUDY SKILLS

CREATE A ROUTINE/SCHEDULE



- A common rule for success that many people set for themselves is scheduling specific time frames for studying, with periodic breaks.
- This will get you into the habit of studying and before you know it, it will take little effort to get motivated to study.
- **TIP: Schedule personal activities for AFTER your school work.**
 - One of the most difficult, yet important, practices is to always put your school work first.
 - It's easy to say you'll get your school work done later, or just before you go to bed.
 - You **MUST** complete your studying as soon as possible; **BEFORE** everything else.
 - Putting off less important activities until after you complete your school work will allow you to stay on track with your study goals.
 - You will also enjoy your "fun" activities more without the pressure of looming school work.



BLOCKS OF TIME AND BREAKS



- **TIP: Create blocks of study time**

- Not only should you always do school work first, but you should also have dedicated study time: blocks of time where you focus on your studies.
- Blocks around 30 to 40 minutes are perfect
 - They may be a bit longer or shorter based on the subject and your ability to focus.
- It's healthy and productive to take quick breaks between your blocks for a snack, or just to get up and walk around; but you must return to your studies promptly!
- Moving around, and especially cardio exercise, will help your brain to get moving and re-focussed at its optimal efficiency levels.
 - It's actually **GOOD** for our studies to take a break and get active for a short time...as long as you go back to studying promptly.



STUDY LOCATION



- **TIP: Find the perfect study space**
- Continue your routine by studying in the same place every time
- Everyone has a personal preference as to where they study, whether it's in a library, kitchen, or bedroom.
- Regardless of your preference, you should always study in the same place.
 - Some students will spend 20 minutes of their study time just looking for somewhere to study; that's a HUGE waste!
 - If you want to change up your study space, that's fine, just make sure to find a study space that works and **stick with it**.



STUDY LOCATION: SOME IDEAS



- **Bedroom:**

- This can be an excellent study location given its convenience and comfort. It's also easy to have all of your study materials on hand.
- However, a bedroom isn't always the best place to study if it's too comfortable or there are too many distractions (ie. video games, phone, siblings, etc.).

- **Kitchen:**

- The kitchen/dining room can be an excellent study location if there aren't too many distractions.
- Most kitchens are well lit and have seating that requires you to sit up and focus.

- **Public Library:**

- Your local library offers a quiet environment with various study options, including individual cubicles, group study rooms, tables, couches, and a variety of information and learning resources.



STUDY LOCATION: CONTINUED



- **School Library**

- Whether you're studying alone or in a small group, your school's library can be a great place to study.
- Individual or group study, we have it all for you!
- Book the seminar room for your group, or meet at a big table.
- However, if you're prone to socialize with other students you may want to consider a different study location.

- **Classroom**

- A classroom can be an excellent place to study.
- Ask your teacher if there is a time when they would allow students to use their classroom for studying while class is not in session.



study bunnies

AVOID DISTRACTIONS



TIP: Distractions can ruin ALL of your efforts!

- If you **TRULY** want to do well on your test or exam, you must be mature and focussed enough to avoid distractions...ALL of them.
- **Phones:** This may be the very worst challenge for you. **It MUST go!**
 - Put it away, or give it to someone to hold onto during your study blocks.
- **Laptops:** Studying on a laptop exposes you to a LOT of temptations that could distract you from your studies. Using paper notes might be better!
- **Music:** Helps some, but hurts many. Even many who think it helps.
 - Consider classical or instrumental music. No lyrics, no distraction!
- **People:** Friends and family might not mean to hurt your test marks, but if they are interrupting or distracting you during your study blocks, keep them all away



PHYSICAL HEALTH



Get exercise. Eat right. Get plenty of sleep.

- If you're not at your peak, you won't be able to focus or concentrate, nor will you have the energy or stamina to get your studies completed efficiently.
- If your brain isn't physically ready, you will not be ready to do your very best on the test.
- Be active the day of your test; it increases your brain's activity and potential.
- Eat healthy and stay hydrated: your brain needs fuel to do its job for you
- Going to bed an hour early can make all the difference in your performance the next day
 - That means test results!



MENTAL HEALTH

Stay relaxed.

- Take a few minutes to relax before taking a test or exam.
- If you're struggling to relax, take deep breaths.
 - Take a moment and clear your head.
- Focus on something completely unrelated to the test, or even school. Think about something fun or something you look forward to in the near future.
- Arriving on time will give you a chance to control these emotions before you start writing the test; do not get there late and panicked!
- Once you're calm and relaxed, go in and ace the test.



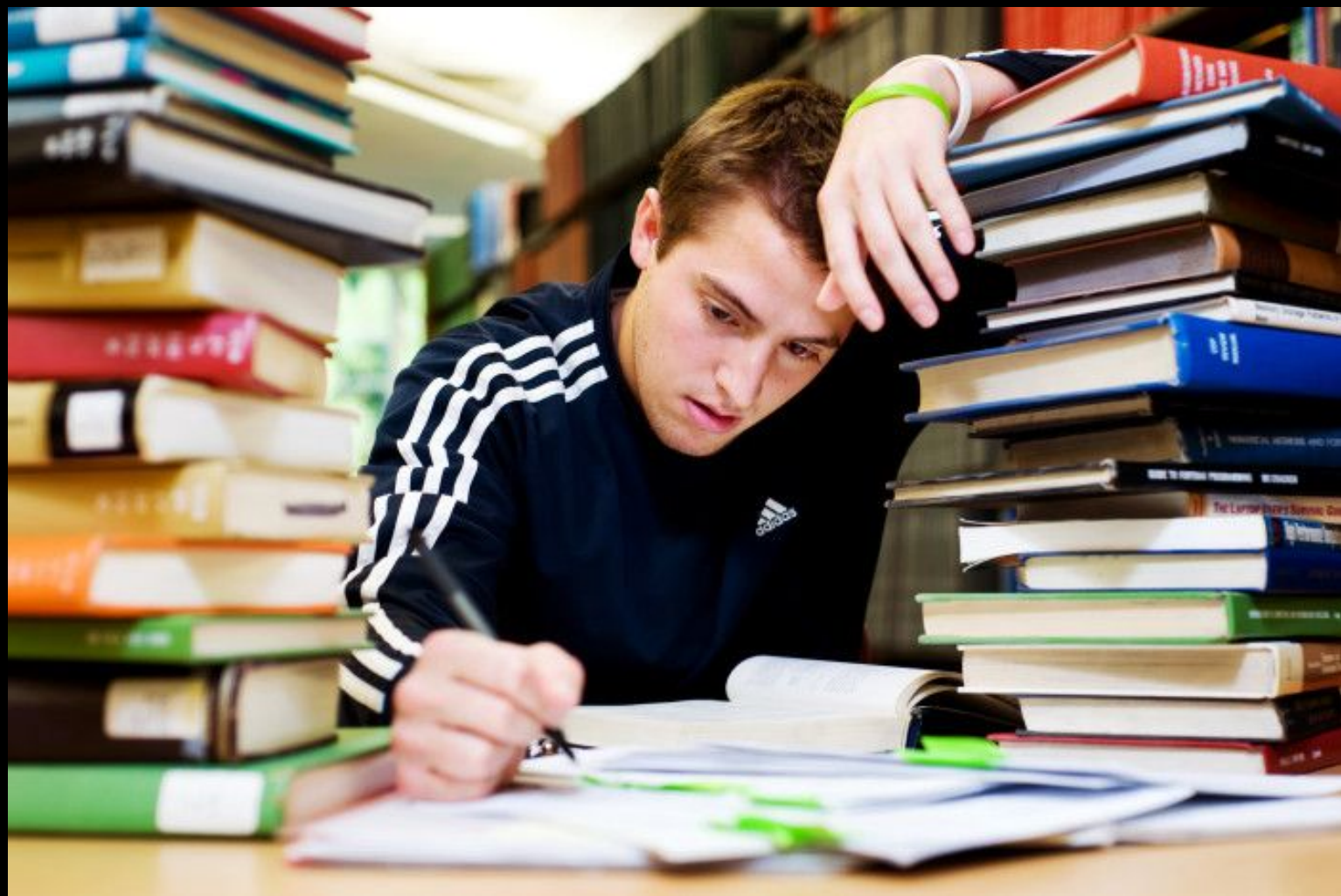


MENTAL HEALTH: CONTINUED



Test Anxiety?

- Everyone gets nervous about tests; it's normal.
 - Good preparation and healthy choices are the best way to avoid such anxiety.
- However, **severe** test anxiety is different and can be debilitating for students.
- If your mind goes completely blank every time you sit down to take a test (even when you've prepared), or you feel like you're going to pass out or vomit, you probably need to speak with your guidance counselor.
- Don't be scared or ashamed to seek assistance.
 - Test anxiety can be a real psychological condition that can cause otherwise smart, hardworking students to perform poorly academically.
 - Be sure to deal with this issue **BEFORE** your test day arrives!



DON'T CRAM!



Cramming is unhealthy and ineffective

- Cramming for an exam the night before is a major cause of test anxiety.
- Students who take the time to regularly study for a test will experience less anxiety than those who decide to study a day, or even hours prior to one.
- Cramming can leave you not only pressed for time, but unable to get the help you need in time for the test.
- Most experts will agree, **cramming is NOT effective.**
 - Cramming causes students to sacrifice sleep time in order to study.
 - Sacrificing sleep for an additional 3 or 4 hours of study is often counterproductive, as you need sleep to do well on the test.



NOW



LATER



TOMORROW

PROCRASTINATION

- One of the most important test preparation tips we can give you is to give yourself enough time to study.
 - **Don't procrastinate!**
- It's best to begin preparing as soon as you know the date of the test, long before the day of a test.
- Make it a habit to complete reading assignments on time and frequently review lecture notes.
- If you're preparing for unit tests or final exams, you'll want to organize your time so you can dedicate more time to those big tests.
 - These are much more important, and are going to be more demanding.

HOW TO STOP PROCRASTINATING



ASK FOR HELP



Talk to Your Teacher

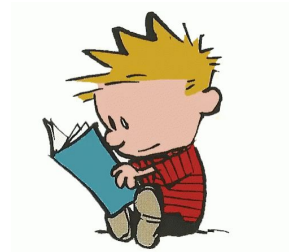
- Ask your teacher about the best ways to study for the test.
- Many teachers are open to sharing suggestions, even secrets, as to how best prepare for their exams.
- Don't be scared to ask your teacher about what subjects or topics you will be tested during the exam – even what types of questions you might see.
- Be sure to attend test review sessions and ask questions about unclear concepts.
 - **Never** be ashamed to ask questions BEFORE a test.





ONLY STUDY WHAT'S NEEDED

Don't waste your time!



- Teachers usually provide pre-test discussion/review/outlines
 - Be there and ask questions!
 - Find out what will, and will NOT, be on the test
- Eliminate unnecessary notes/info from your overall study notes
- Create focussed, test-specific notes
 - Either by eliminating some notes or by re-writing key info into study notes
 - Study notes are a really great and effective idea!
 - Organize your binder/notes and use **ONLY** those notes needed for the test



STRATEGIES



Make Your Own Notes

- What are the titles, headings, and subheadings? Are there any bolded words? These can be great indicators of what information is important in a textbook.
- Rewrite the relevant info into study notes; these will become your main focus.

Put It in Your Own Words

- Paraphrasing is a great technique to help you really understand material. Try reading over a page or paragraph of information, covering it up, then repeating the information in your own words.

Teach It

- Find someone who does not understand the material and teach it to them.
- Doing this can help you understand key concepts in less time than studying by yourself.



MORE TIPS

How to Retain/Remember It

- The best way to retain information from textbooks is to **read it aloud** and **discuss what you've read** with other people.
- Reciting text information moves it from your short-term to your long-term memory and ensures that you don't forget it.

When to Read

- Reading textbooks and notes can be tedious and boring.
- You cannot read when you're fatigued, tired or it's late at night. It won't work.
- Reading textbooks requires that you're alert and attentive.
- Remember, read for about 30 to 45 minutes at a time
- Then take a short break to reinvigorate your mind and body.

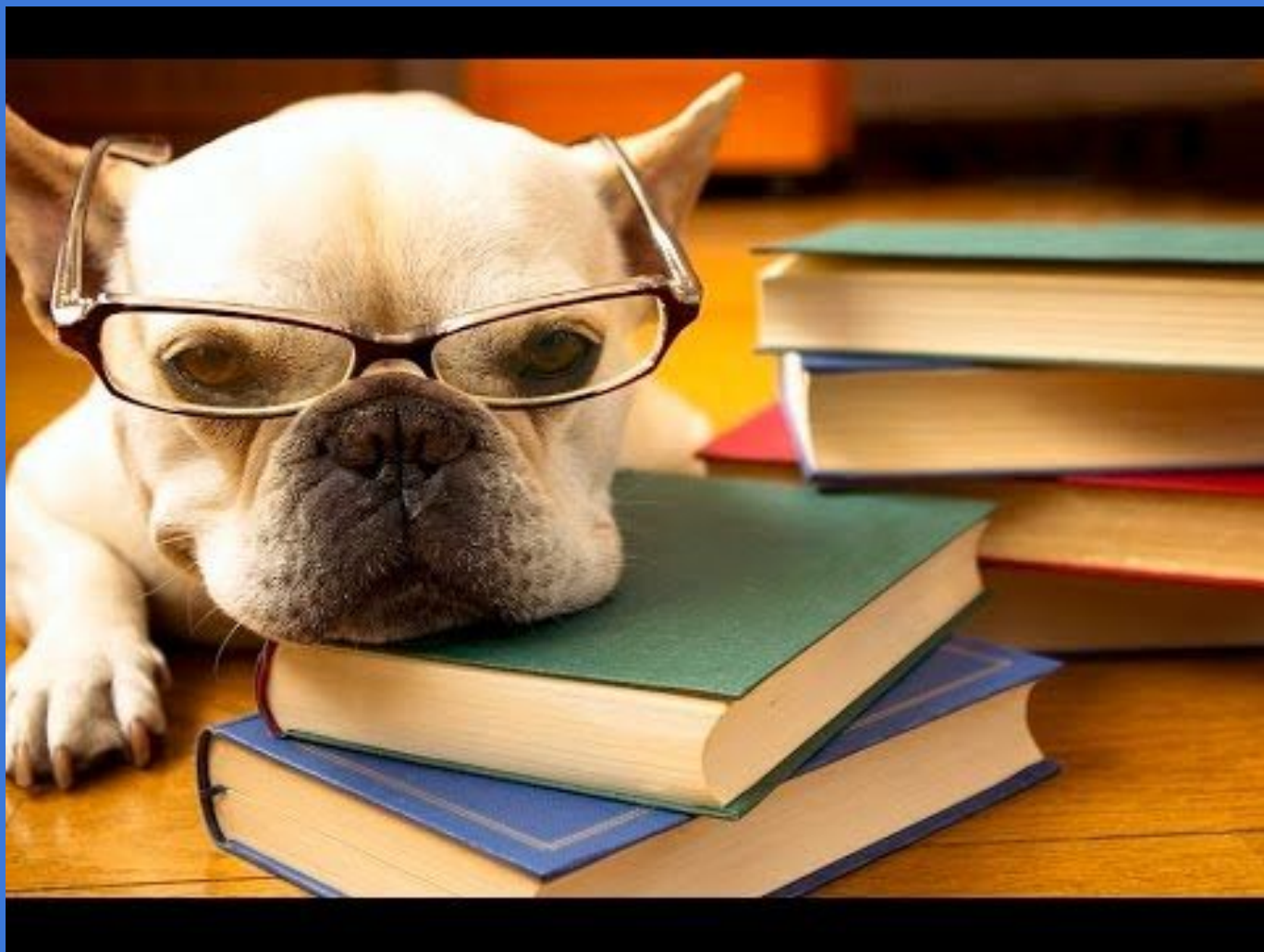




TEXTBOOK STUDYING



- ❖ Textbook reading is typically more difficult than other forms of reading.
- ❖ If you're faced with reading a challenging textbook, we recommend the following:
 - **Read aloud**
 - Reading aloud improves reading comprehension and retention of information.
 - **Change positions**
 - Try reading standing up for a while, or change positions every once in a while.
 - **Read the text again**
 - Each time you read a text again you'll pick up something new, retain more information and find it easier to understand.
 - **Search for keywords**
 - Look for bolded, highlighted or italicized words; these are usually really important for you to know.



TEXTBOOK STUDYING: CONTINUED



- **Jump around in the text**

- Sometimes it's beneficial to skip around and read different parts of a chapter or section in a textbook.
- For example, jumping to the end of the chapter and reading the chapter summary, before reading the chapter, can greatly enhance your understanding.

- **Mark it**

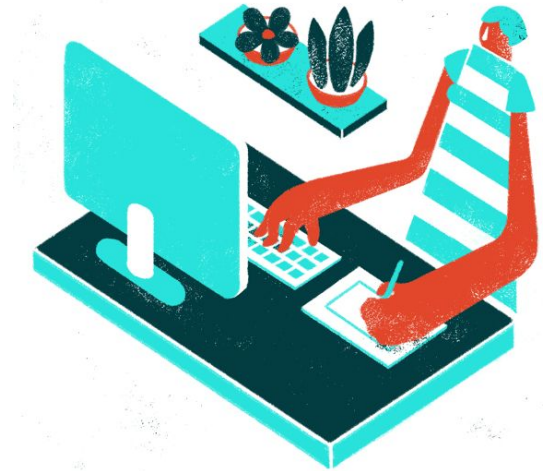
- If you come across a passage or section of the text that you just don't understand, underline it and put a mark next it in the margin of your book.
- When you're done reading your text, you'll have several marks throughout the chapter.
- Once you get back to class, you'll know what questions to ask your teacher.

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support

STUDY RESOURCES

There are many tools and applications that can help you stay organized and study more efficiently, including:

- [Google Calendar](#) (agenda/planner)
- [iStudiez Pro](#) (schedule/assignment planner)
- [EasyBib](#) (automatic citations)
- [Duolingo](#) (language learning app)
- [StudyBlue](#) (create flashcards)
- [Dragon Anywhere](#) (dictation app)
- [Wolfram Alpha](#) (answer search engine)
- [Focus Booster](#) (pomodoro timer)
- [My Study Life](#) (organize classes and assignments)
- [Exam Countdown](#) (counts down months, days, minutes until exam)
- [Flashcards+](#) (create flashcards to help you study)



The background of the image is a dark, deep purple to black gradient, suggesting a night sky. In the lower portion, there is a faint, horizontal line of white dots representing a city skyline or distant stars. A single, prominent bright blue star with a soft glow is located in the bottom right corner. The text "The End" is centered in the upper half of the image.

The
End