

Creating Good Study Habits

Studying for a test or an exam is a skill that isn't often taught in school. Teachers and educators often leave students with little more than review questions to help them prepare for a test. We all learn differently but the general principles of how to study remains the same. I hope this list helps you!

- **Make study notes from class notes & related section of the textbook.**
 - Write down important points using different colours. Remember that writing helps memory more than typing. Try to create your study notes on paper wherever possible.
 - Copy examples that help you understand key points.
 - Write down any associations or connections that occur to you while you are reading study material.
 - These can be personal, about a friend, something the teacher said right before or after, anything that will help to jog your memory later.
 - Use a separate sheet for definitions.
 - Create your own flash cards using index cards.



Hot tip! *Index cards and other study materials are found easily (and cheaply!) at the dollar store.*

- **Complete any assigned review.**
 - Make note of questions that were challenging, answered incorrectly, or that you were unable to answer.
 - Get help! From the teacher, friends, or a tutor. Make sure you can comfortably answer all the questions in the review.
- **Go through all of the homework from the chapter/unit.**
 - Make sure you can answer all of the questions.
 - If you are still having trouble: get help! Use all available resources.



Hot tip! *Remember those coloured pens? Use them throughout the term to note challenging questions as you do them for next time!*

- **Review all quizzes, quests, and tests from the chapter/unit (or course if you are studying for an exam).**
 - Seek out solutions to the questions you got wrong from your teacher, friends, older sibling, or a tutor.



Hot tip! *Did that sibling or friend already take the course? Ask them for their old tests as well for extra practice*

- **Talk over difficult concepts with friends and classmates. It can help to solidify your understanding and theirs.**
- **Quiz each other; this gives you the chance to work together if that's your style.**



Hot tip! *Teaching someone else can really help you identify where you struggle and helps concepts stick for the next time you're using them.*

- **Take a 10-minute break every hour. Use alarms and timers on your phone to keep you on track. It's very easy to lose track of time while you're enjoying a well-deserved break!**