

Study Smart

Use smart study strategies



Activities to help you get the most out of your study time

Study Smart

The key to success is not studying a lot. It's studying smart. Students who study smart spend less time studying, and yet they get better grades.

This booklet will give you some ideas on how you can improve your study skills and get the grades you want.

Students who study smart have goals.

Goals give you focus and direction. They also help keep you motivated. Get in the habit of regularly setting academic and personal goals for yourself.

Set academic goals. List the courses you're currently taking in the grid below. Then write down the highest grade you think you can earn in each course this grading period.

	Course	Grade
1		
2		
3		
4		
5		
6		
7		

*Think of these grades as your academic goals for the term.
As you study and do your homework, keep these goals in mind.*

**Do you have good study skills? Do you study smart?
Take the survey on the following page and find out.**

Study Smart Survey

Read each question and check the boxes that best describe you.

	Almost Always	Some- times	Hardly Ever
1. I have a place to study that's quiet, well-lit, and comfortable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I plan out my studying before I begin.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I use strategies to help me memorize information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I allow enough time each day for homework and studying.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. When I study and do homework, I focus completely on what I'm doing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know how to study for tests.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. When I'm studying, I eliminate distractions and silence my phone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I break large assignments down to make them more manageable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Survey Results

Give yourself 2 points for each **Almost Always**, 1 point for each **Sometimes**, and 0 for each **Hardly Ever**.

Your Score _____

13-16 Points - You have good study skills.

9-12 Points - Your skills are OK, but they could be improved.

0-8 Points - Your study skills need a lot of improvement.

Improve homework grades

In many classes, having good homework grades can greatly improve your final grade. Doing your homework well will also help you learn the material—and make you a better student.

How much time, on average, do you spend on homework each day?

Where do you usually do your homework? _____

When do you usually do your homework? _____

When you're studying, what distractions do you have?

How would you rate your homework grades?

- Excellent Good OK Should be better

How can you improve your homework grades?

Put a check mark by the things you can do to improve your homework grades.

- spend more time on my homework
- get help from a parent, classmate, or teacher
- find a better place to do homework
- turn off the TV or music
- start working on my homework earlier
- be more focused while I'm doing my homework
- know the assignment and have the materials I need
- limit the interruptions (phone, text messages, TV)

**Try doing the things you checked for one week.
Your homework grades are sure to improve!**

Create a study plan

To create a study plan, organize and prioritize the things you need to do. A study plan will help ensure that your study time is as productive as possible.

Create a daily study plan.

Before you start your homework, make a list of what you need to do, in the order you want to do it.

Prioritize your work to make sure you have enough time for the things that are the most important.

Focus on one task at a time and cross things off as they are completed.

Monday

1. Study for History quiz
2. Do Math worksheet
3. English - read pgs 55-75
4. Go over Spanish vocab

Make large assignments easier to do

Breaking large assignments down into smaller parts makes them much more manageable. Spreading them out also helps ensure that you get large assignments and projects done on time.

Suppose you have to write a four-page paper for your history class. Today is Monday and the paper is due Friday. How might you break this assignment down and spread the work out over the week?

Day	
Mon.	
Tues.	
Wed.	
Thurs.	
Fri.	History paper due

Memorization tips

There are times in school when you need to memorize information. Memorization techniques such as these will help you remember information for your classes and for tests.

Use all of your senses.

Try it! Suppose that you need to memorize the word *escuela* (which means “school”) for your Spanish class.

1. Look at the word. Close your eyes, and try to see it in your mind. Repeat this 2 or 3 times.
2. Now say the word out loud (es-*quay*-la).
3. Now write the word. _____



By looking at the word, saying it out loud, and writing it down, you are using your visual, auditory, and kinesthetic senses. **Using all of your senses makes memorization easier.**

Create a ridiculous image.

Take the information you’re studying and create a crazy, memorable image in your mind. For example, a ridiculous image could help you remember that Hawthorne wrote *The Scarlet Letter*. Just visualize a large red letter “A” with a big thorn sticking out of it saying “Ha!”



Try it! Come up with a ridiculous image to help you remember that Balboa discovered the Pacific Ocean. Draw it below.



Check the back cover to see what we came up with.

Stay motivated

All students get stressed out, discouraged, or overwhelmed from time to time. Successful students, however, find a way to keep a positive attitude and stay motivated.

These motivational tips will help you stay engaged and ready for any academic challenge.

Use motivating "self-notes."

Write motivating words, ideas, and/or quotes on sticky notes. Put these notes anywhere you're likely to see them.

Write yourself a positive, motivating message. _____

Turn failures into successes.

When something doesn't go well, learn from the experience, and use that knowledge to do better the next time.

When has a negative experience taught you something? _____

Figure out what motivates you.

Turn what competes with your schoolwork into a motivator. For example, reward yourself with social media or video game time once your homework is done.

What can you use as a motivator? _____

Have a growth mindset.

When you encounter a challenge of any kind, it's helpful to have a growth mindset. With a growth mindset, you don't complain and give up when something is hard. You get creative, ask for help, or try to do things differently. You look inside and find your most determined self.

What subject or challenge do you most need a growth mindset for?

Improve your study skills

Set goals.

On page 2, you wrote down the grades you want to earn this grading period. Think about other goals you would like to set—both academic and personal (have all homework done by 8:00, walk a mile every day).

Write down one academic and one personal goal below.

Improve your homework.

No one needs to tell you how important homework is. If you don't do your homework or do it poorly, you don't learn as much, and your grades won't be as good as they should be.

What can you do to improve how you do homework?

Think about your study skills.

To be a successful student, you need to be a good reader, have good notetaking and technology skills, and be able to memorize and remember information. You also need to be organized.

What study skills do you need to work on?

From page 6 -
Balboa (ball boa)
discovered the
Pacific Ocean.



For a review,
watch this quick video!

