

5 STUDY TIPS

1. Start early, don't rely on "cramming". Plan out study time and stick to your schedule.
2. Use class time wisely. Listen to your teachers' advice about study tips and study in class while your teacher is there to help.
3. Use previous tests as a guide to the types of questions to expect.
4. Identify what study strategies have worked for you in the past.
5. Take breaks for physical activity. Study for a short time and then reward yourself by taking a break. Go for a walk or participate in a sport.

REACH OUT

If you find that you are having trouble concentrating or learning, talk to your parents, teachers, physician, and/or school counselors. If there is something going on, they may be able to find out what it is and create a better learning plan for you to follow. This could be a life-changing solution.

IT'S OK

- To make mistakes
- To have bad days
- To be less than perfect
- To do what's best for you
- To be yourself

OTHER RESOURCES



- **10 Ways to improve time management for students.**
<https://gradepowerlearning.com/10-time-management-tips-students/>



- **10 Time management tips for students in High School and College.**
<https://modernteen.co/10-time-management-tips-for-students-in-high-school-and-college/>

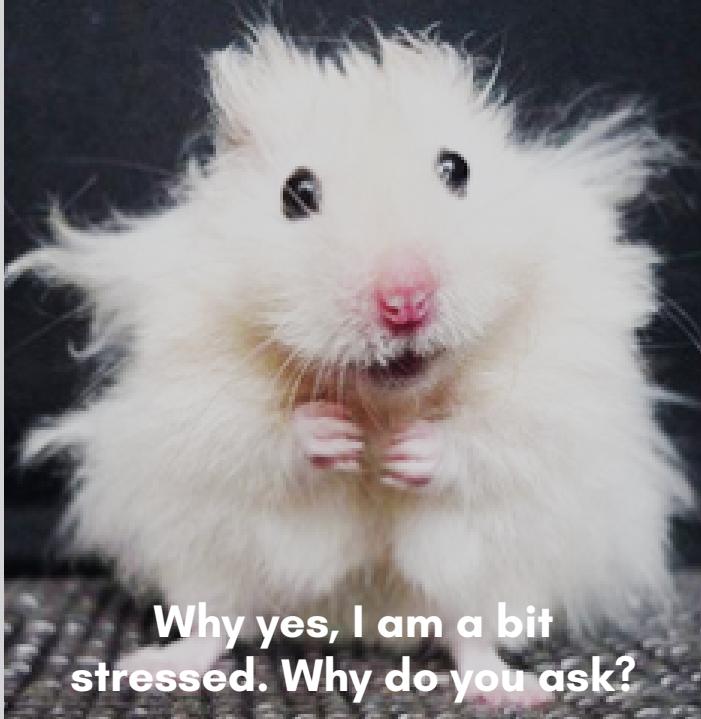
“Fido ate my notes...”

Don't blame the dog!



STRATEGIES FOR A SUCCESSFUL EXAM WEEK

Create a "less stress" study plan



Why yes, I am a bit stressed. Why do you ask?

MAKE A PLAN

Don't procrastinate and make sure that you create a study plan.

Take it one step at a time

During your large blocks of study time, it is more efficient to study one subject for at least an hour rather than jumping between subjects.

Take time for self care

Remember that if you are not well, you won't do well. Eat healthy, exercise, get rest, and factor in some downtime.

"The key is not to prioritize what's on your schedule, but to schedule your priorities". -Stephen Covey

WHAT KIND OF LEARNER ARE YOU?

Visual Learners

- Create diagrams or charts
- Replace keywords with symbols
- Use colours, fonts, and different spatial layouts

Read/Write Learners

- Read notes or textbook
- Use lists
- Organize charts, diagrams, and graphs into words

Auditory Learners

- Listen to lectures and discussions
- Read aloud notes and textbooks; record and listen to them
- Ask questions and discuss topics with others
- Write out notes with missing words and then use those as fill-in-the-blank questions
- Use rhymes and mnemonics

Kinesthetic Learners

- Re-writing notes (expanding notes or reducing notes)
- Talk about the information with other kinesthetic learners
- Practice solutions to problems from previous tests

**Last, but not least
*Be prepared!***

- Don't leave things to the last minute.
- Arrive on time, bring pencils, erasers, notes, etc.
- Have breakfast.