

# Developing Good Study Habits

## Studying for Tests

The secret to doing well on a test is:

- ✓ Taking good notes
- ✓ Studying and reviewing
- ✓ Planning your study time
- ✓ Being your best you on test day



<b>1. Begin early</b>	Start at least 1 week prior to a test. This will give you plenty of time.
<b>2. Identify trouble spots</b>	Figure out what you are studying that is hard for you first. Ask for help from your teacher and family.
<b>3. Study in different sessions</b>	Several sessions for 30 minutes are much better for you than trying to learn the material in one night. Don't wait until the last minute to begin studying, it won't stick.
<b>4. Be tricky</b>	Use mnemonic devices to help you remember something. Make up a sentence or word with the same initial letters as the list you need to memorize. For example:  Roy G Biv = red, orange, yellow, green, blue, indigo, violet.
<b>5. Be active in your study time</b>	<ul style="list-style-type: none"> <li>✓ Outline</li> <li>✓ Diagram</li> <li>✓ Re-word</li> <li>✓ Condense main ideas</li> <li>✓ Recite lists aloud</li> </ul>
<b>6. Pay attention in class for clues that your teacher gives, don't ignore them</b>	<ul style="list-style-type: none"> <li>✓ There are several reasons that...</li> <li>✓ This relates to...</li> <li>✓ This is on the test...</li> </ul>
<b>7. Index it: write things on index cards that you need to remember</b>	<ul style="list-style-type: none"> <li>✓ Carry your index cards everywhere</li> <li>✓ Review the cards every chance you get</li> <li>✓ Review between class, on the bus, before you go to bed</li> <li>✓</li> </ul>
<b>8. Review it all</b>	The night before the test, review all your notes, classwork, and any other materials like your index cards to get the information in your head fresh before the test.
<b>9. Sleep on it</b>	Get a good night's sleep before the test. Staying up late studying will only help you be tired.

Before you say ***I can't***----say ***I will***---then ***do it*** and ***you can and will.***

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