

“HOW TO STUDY” GUIDE

STUDY PLAN: STEP 1: This will help you figure out what you need to study

<input type="checkbox"/> Look over study guide(s)	<input type="checkbox"/> Look over notes in ILL	<input type="checkbox"/> Look over checklist(s)
<input type="checkbox"/> ...and identify with sticky notes/highlight what you need to study more and make a list of it!		

Glue this side into your notebook

You can make a list here of the major ideas that you need to study:



STUDY PLAN: STEP 2: You should try to do this AT LEAST 3 days in advance!

- CHOOSE AT LEAST 2 DIFFERENT WAYS TO STUDY - PUT A GOAL DATE IN THE BOX FOR EACH DAY YOU STUDY. THEN INITIAL WHEN YOU HAVE DONE THE ACTIVITY FOR AT LEAST 15 MINUTES.

Day 1	Day 2	Day 3	Your Initials	Activity
If you want to study VISUALLY (seeing and looking)				
				Make flashcards of vocab, concepts, etc. Use color and images to help.
				Draw images of the words and ideas you need to know (try a chart format).
				Find videos online about the topics to get more information.
				Write as much as you can about the unit info from memory. Check it with notes.
				Make a concept map/web connecting ideas together – define and make images
				Look over notes-write the ideas you don't know over&over until you remember!
				Create your own quiz – try to make complex questions and answer them all.
If you want to study AUDITORIALLY (listening)				
				Make a song about the information and sing it or just sing your notes!
				Find a video online that helps review the information and watch it.
				Record yourself reading the notes/study guide and listen to it a few times.
				Have someone quiz you or read the notes/information with you – repeat them.
				Form a small study group (2-4 people) and talk about ideas/quiz each other).
				Listen to music as you study flashcards/rewrite your notes. Think about the music during the quiz!
				Make up rhythms as you read the notes out loud – you can remember the pattern of rhythm during the quiz.
If you want to study ORALLY (speaking)				
				Make a song about the information and sing it or just sing your notes!
				Read the notes/study guides out loud to yourself or a friend/family member.
				Explain the ideas in your own words out loud.
				Create a story about the information and act it out.
				Have someone quiz you or read the notes/information with you – repeat them.
				Form a small study group (2-4 people) and talk about ideas/quiz each other.
				Create mnemonic devices to help you remember – say them out loud.
If you want to study KINESTHICALLY (moving your body)/TACTILELY (touching objects)				
				Make flashcards and stick them around your room – walk around and review.
				Make up body movements/dance movements for the different concepts.
				Act out ideas from the unit. You can mime them or talk about them as you do it.
				Think about different places you learned the ideas. Think of those places (or list them) as you study – the memory of the place will help you remember better.
				Draw images, make paintings, make a sculpture about the ideas.
				Make flashcards (1 for the word/idea, 1 for the definition) and play Memory.
				Fidget! Study flashcards while you fidget (tap your leg, etc.)-you'll remember the ideas better if you then fidget during the assessment.