



Study Skills Workshop

Study Smarter; Not Harder

Evening Objectives

- 1) To learn about some basic strategies for academic success
- 2) To begin to discover helpful organizational and study methods
- 3) To help students and parents work together to reach academic goals





What Kind of Student Are or Were You?

Using:

A for Always,

S for Sometimes

N for Never

Answer the following questions.



A (Always), S (Sometimes) N (Never)

1. I complete homework assignments
2. I have all necessary materials when I go to class
3. I use class time to get started on homework when the teacher provides it
4. I take good notes
5. I ask and answer questions in class



A (Always), S (Sometimes) N (Never)

6. I use tricks to memorize information
7. After reading an assignment in a textbook, I know what I've read
8. I get along with my teachers
9. I am good at taking tests
10. I am happy with my grades.



Tip #1: STAY ORGANIZED

- To ensure all assignment deadlines are met and to have ample time to study for tests and quizzes **YOU MUST BE ORGANIZED.**
- USE your agenda book
- Have a weekly fridge calendar
- Use an electronic calendar
- Buy pre-bound note books that fit in your binder
- Decide if you are going to use a 1 binder system or have 1 binder for each subject.

Organization Continued

- Have emails and phone numbers of classmates and teachers so you can ask for help if you need it
- Pack your binder and bag the night before to avoid the morning scramble.
- Communicate potential problems with your teacher EARLY.
- Plan ahead





Tip #2: Time Management

- Create a weekly study schedule and stick to it as much as possible
- Use class time to get as much done as possible
- Do **SOMETHING** every day... even if you don't have any "homework"

Tip #3: Hone your IN-Class Skills

- Be on time EVERYDAY to EVERY CLASS
- Come prepared
- PARTICIPATE and engage in the class
- Ask for help





Tip #4: Take Quality Notes

- Listening and taking notes in class helps you pay attention to the lesson
- Focus on **important** information DON'T TRY TO WRITE EVERYTHING DOWN.
- Rephrase in YOUR OWN words
- Find a system that works best for you (E.g. Cornell notes, highlighting, margin notes etc)
- Use a laptop if you are able to
- Rewrite or type out your notes at night during your scheduled time.

Mid-Point Review

- What are the first 4 tips?
- What tips are you already using?
- What will you do **now** to improve your study skills?





Tip #5: Know HOW to Study

- Have a quality place to study
 - no phones
 - no TV
 - plenty of space
 - have everything you need (books, paper, binders etc)
 - music???

Studying Continued

■ Know your learning style

- **visual** learners could transform notes into charts, graphs, sketches etc
- **auditory** learners could read their notes aloud and/or have someone read to you
- **kinesthetic** learners could use flashcards, or role play



Studying Continued

- Create a study plan
 - Identify what needs to be studied
 - Prioritize the list
 - schedule in breaks
 - alternate types of study



Personal Study Skills

- Get a good amount of sleep
 - avoid late nights on school nights
 - leave cell phones and laptops in the kitchen at night
 - DON'T check your email or text messages right before bed
 - Don't eat just before you go to sleep
- Eat healthy food
- Stay active



Parental Involvement

- Be interested in school by asking questions
- Set realistic goals
- Help if/when you can
- Monitor activities and schedules
- Provide a lot of positive encouragement



Parents - Try to avoid...

- Nagging
- “Rescuing” by supporting invalid excuses
- Doing the work for them
- Criticizing teachers





Remember...

Study Smarter not Harder

