

Study Tips







- ✓ **Create a study & homework space**
 - Consider space, lighting, distractions, level of comfort, and materials needed
 - Determine how effective your space is using the attached checklist: "How does your study area shape up?"

- ✓ **Create a study schedule**
 - Select the time of day when you are most productive and try to study at this time each day
 - Begin preparation early: at least 1 week prior to a unit test and 2 weeks before final exams
 - Begin with your least favourite subject so that it gets easier as you go
 - Use time on the bus or driving to activities to review notes
 - Take breaks as needed and reward yourself when you accomplish a task on time

- ✓ **Prioritize tasks**
 - Identify areas/topics that need extra time and work on these areas first
 - If there is something you can't seem to remember, write it on an index card and review it, rewrite it and recite it as often as you can

- ✓ **Be an active learner**
 - Outline, draw, highlight, summarize, and condense main ideas
 - The more ways you interact with and see the information, the better you'll remember it

Exam Day Preparations

-  Get a good night's sleep
-  Pack a bag the night before with all materials you will need
-  Plan ahead & leave yourself enough time so you are not rushing in the morning
-  Eat a Nutritious Breakfast
-  Pace yourself during the exam
-  If you can't remember the answer to a question, take a deep breath, relax & move on to the next question. Other questions may jog your memory. Come back to the question later.