

Study Skills and Test Taking Tips for York Junior High

***Did you know that studying and making good grades is a skill that you can learn and refine?**

HOW CAN I IMPROVE MY STUDY HABITS?

- #1 Remove distractions-** (Select a quiet place in your home without electronics, such as the kitchen table to work.)
- #2 Establish a daily routine-** (eat snack, 1 hr. of schoolwork, 1 hr. of free time, shower, dinner, study)
- #3 Prioritize and organize-** (Copy all due dates in your planner at school, then complete those that are due first.)
- #4 Prepare for tomorrow-** (ex: lay out your school clothes, have your backpack ready by the door, etc)
- #5 Create and practice successful habits-** (Repetition of good practices can lead to positive habits!)

HOW CAN I IMPROVE MY STUDY SKILLS?

- #1 Break the assignments down into steps or sections-** (focuses on small amounts of info at a time)
- #2 Make flash cards, study guides, or notes DAILY-** (repetition)
- #3 Ask a friend or guardian to quiz you on the material-** (recall)
- #4 Reteach the info you learned to a peer or guardian-** (modeling the information)
- #5 Rewrite the information & say it out loud -** (reinforcement of your senses: sight, hearing, touch)
- #6 Answer possible test questions from the curriculum-** (application of knowledge)
- #7 Relate the information to other subjects or real life-** (higher level thinking)

HOW CAN I IMPROVE MY TEST TAKING SKILLS?

- #1 Locate what the question/text is asking of you-** (Have the goal in mind of what you need to produce.)
- #2 Recognize if more than one step/answer is required-** (label step 1 & 2, so that all is completed and nothing is missed)
- #3 Make notes within the text or in the margins –** (This allows easy access to refer to.)
- #4 Show all of your work-** (You are less likely to make mistakes and can correct mistakes if you show all of your work.)
- #5 Rule out any incorrect answers-** (Narrow the incorrect answers down, to select the correct answer.)