

Turn off vour cell phone





If you find yourself singing along, it's time to find a new playlist or to turn it off.





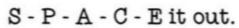
Go over your class notes EVERYDAY.

Re-read them. Quiz yourself on the important people, facts, and ideas. MARK the facts, people or ideas you don't understand or can't

quite remember. ASK your teacher for help with what you don't understand.

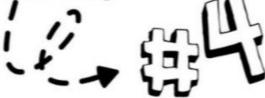


Use your notes and explain the event to a friend, your parents, your cat...



Set a daily study limit. Spending hours and hours trying to cram information into your brain doesn't work. Neither does staying up late the night before. HOWEVER, it does actually help to read through your notes right before you fall asleep.







ORGANIZE IT.

Organize the information you need to know into lists, outlines, timelines, mind maps, and graphic organizers.

WRITE IT, Don't type it.

Writing information down on paper actually helps you remember better than typing it. Want to really make your brain happy? Use different colors to color-code your notes. You can use one color for important people, another color for vocabulary words, one color for causes, another color for effects, etc..