

The Living Earth Study Skills and Test Taking Strategies

What strategies can I use? (You can use more than one!)

- Flashcards
- Charts, graphs, drawings, pictures
- Visual organizers (flow charts, Venn diagrams, etc.)
- Take notes, rewrite your notes, and annotating your notes/textbook (use colors!)
- Quiet environment
- Online textbook (listen to the text, watch animations, etc.)
- Teach your pet cat/dog/reptile/fish what you are learning. (This may sound silly, but hearing yourself talk will help solidify what you are learning.)
- Mnemonics or songs
- Create a handwritten study guide
- Make a foldable
- Use different colored sticky notes on a wall to create a visual and organize your thoughts.
- Take short breaks (walk to the kitchen for a drink of water, etc.)

Where am I studying? This is an important question and can really make a difference!

- ✓ Find a quiet spot
- ✓ Desk or table is usually best for focus. Make sure you are comfortable as well.
- ✓ Good lighting
- ✓ Have everything you need with you do minimize distractions
- ✓ Keep away from (avoid) distractions
 - No phone – Having your phone on and near you while studying has been shown to be distracting. Setting up specific times to study without a phone on and near you is an important habit to establish.
 - No TV/Music – Similar to the phone. If you need background noise, there are many playlists that are designed for studying. Listening to dialogue, lyrics, etc. are distractions.
 - No other distractions (siblings, games, etc.)
- ✓ Create a study routine. This will create good study habits and help with motivation!

How am I studying? These strategies work for many other subjects as well.

- Study groups and/or study buddy. Use for concept building and group thinking. Make sure to study on your own as well.
- Divide up or space out your study sessions.
- Did you complete all your class and homework assignments?
- Focus on skills. As your study skills improve, your grades will – this may take time.
- Pomodoro Technique:
 - Set a timer for 25 minutes, start studying (minimize distractions during this time)
 - After 25 minutes, take a short 5-10 minute break
 - Set a timer for 25 minutes, study a new topic/class
 - Take a short 5-10 minute break
 - Repeat

When I study:

- | | |
|---|---|
| DO: | DO NOT: |
| <input type="checkbox"/> Take breaks (Time management is key) | ✗ Wait until the last minute |
| <input type="checkbox"/> Set goals | ✗ Study when hungry |
| <input type="checkbox"/> Switch subjects regularly | ✗ Study when exhausted/bored/stressed/anxious |
| <input type="checkbox"/> Treat yourself to a snack | ✗ Cram |

Success in the Classroom:

- Participate, ask questions, take notes, annotate, pay attention, etc. During class. Do NOT play on your phone or disturb/distract others.
- Turn in your assignments on time.
- Do NOT distract others (chat, etc.) while learning is taking place
- Attend tutoring or help session if you have questions or need help.
- Advocate for yourself. Ask for help, clarification, etc. when you need it!
- If you miss class, DO NOT ask your teacher the day you return if you missed anything important. You missed class, which had important information.
 - Check Canvas/Google Classroom and check in with a study buddy BEFORE you return to class.
 - Request materials before you miss class, if you know in advance (sports, school activity, appointments, etc.)
 - Get notes from a study buddy
 - Check Google Classroom/Canvas
 - If you missed an assessment (test/quiz), see the syllabus assessment make up policy and plan to take the assessment as soon as possible.

Test Taking Strategies

- ❖ Be prepared (use the strategies mentioned above to help you study for the test)
- ❖ Ask clarifying questions in class the day(s) before the test.
- ❖ Always get a good night's rest the night before
- ❖ Eat breakfast/snack/lunch
- ❖ Listen to and READ ALL directions/instructions!
- ❖ Put your name on your test!
- ❖ READ the test directions carefully and look for details.
- ❖ Use your time wisely
- ❖ Look for cues. Sometimes you can use information from other questions.
- ❖ Pay attention to the questions and READ them carefully (i.e.: NOT, EXCEPT, etc.)
- ❖ Answer ALL the questions. Don't leave any blank!
- ❖ Check the BACK of the paper(s) for any additional questions.
- ❖ Keep a positive attitude. Don't panic! If you don't know the answer, move on to another question. Remember to come back to the question(s) you skipped.
- ❖ Ask clarifying questions, but don't try to ask for/get the answers!
- ❖ Maintain academic honesty at all times!
- ❖ Before turning in your assessment, double check your work/answers.
- ❖ Check your answers. Make sure you have answered all questions.
- ❖ Don't give up!
- ❖ Don't worry about other test takers. Everyone tests differently. Take your time. Make sure you are managing your time effectively.

Oh no! I got a D/F on my assessment! What do I do now?

- It's going to be okay – learn from this (growth mindset)
- Review your assessment. What did you do? What did you not do?
- Talk with your teacher. Set up an appointment if necessary.
- Were you prepared?
- Restructure how you study. Ask for help.
- Try something new for the next assessment.
- Ask yourself the following:
 - Did I turn in all the assignments (on time)?
 - Did I study?
 - Did I understand the concept(s)?
 - Did I study the correct information?