

# Positive Study Behaviours

Choose from the following list of positive study behaviours when setting goals for yourself:

## In Class

- ✓ **Listen** carefully to the teacher.
- ✓ **Avoid talking to friends** during class instruction.
- ✓ Practice **taking** better **notes**.
- ✓ **Write down assignments** and due dates carefully.
- ✓ **Participate actively** in class discussions.
- ✓ **Ask the teacher questions** when I don't understand.

## At Home

- ✓ Set a **"Study time"** separate from homework time.
- ✓ **Study** more **frequently**, for shorter time periods. (Four half-hour study sessions are much better than one two-hour session.)
- ✓ Study my **most difficult subject early** in my study session.
- ✓ Use **"active" study techniques** (recite, write, visualize, make study review cards and so on).
- ✓ **Review class notes each night** by reciting or writing marginal notes or questions (to increase retention).
- ✓ **Organize** myself **each night for the next day** (file papers, check schedule and calendar and weekly goals).

## Time Management

- ✓ Make a **study schedule** over the weekend for the following week.
- ✓ **Begin to study at the time I have planned** to do so.
- ✓ **Study earlier** in the day (before dinner) whenever possible.
- ✓ **Use** some **weekend time** for studying if I get home late on school nights because of school sports.
- ✓ **Use a calendar** for recording due dates and **setting "weekly goals."**
- ✓ **Break large assignments into smaller parts** and set deadlines for finishing each part. **Use the calendar.**

## Study Environment

- ✓ Study in a **quiet** environment.
- ✓ Study the **same subject** in the **same place** at the **same time** each day.
- ✓ **Organize** my desk, drawers and paper. (Use folders.)
- ✓ **Remove visual distractions** from my study location.
- ✓ **Provide enough light** to read by without strain.
- ✓ **Have all materials** I need for homework or study **nearby** (paper, ruler, tape, stapler, dictionary and so on).
- ✓ Put up a **bulletin board** where I can post a calendar, schedule, reminder cards and so on.

# “Active” Study Strategies

When studying, I should **RECITE**. I might:

- ◆ **Describe or explain aloud** any topic, in my own words,
- ◆ **Teach or explain the information** to someone else (or record into a tape recorder) or,
- ◆ **Engage in a simulation or role-play** a part.

When studying, I should **WRITE**. I might:

- ◆ Make a chapter **Study Review Card** (use an index card; include special vocabulary, main ideas, examples, key events and people, causes, results and so on),
- ◆ Make and use a set of **flashcards** (vocabulary and definitions, math problems and solutions, questions and answers and so on),
- ◆ Make **lists of related information by categories** (causes, results, important events or concepts, main ideas, examples, key people and so on) and recite them,
- ◆ Draw a **diagram, map, a sketch, or a chart**; do this **from memory** and check your notes or books for accuracy,
- ◆ Write **questions** I think will be on the test and recite the answers,
- ◆ Create “**semantic maps**” to summarize the unit; include: Venn diagrams, sequence chains, charts and webs,
- ◆ Create a **mnemonic** to remember information (such as **Please Excuse My Dear Aunt Sally**, use for order of operation in solving an equation – **Parenthesis-Exponent-Multiply-Divide-Add-Subtract**)

When studying, I should **VISUALIZE**. I might:

- ◆ Close my eyes and “**picture in my mind**” any chart, diagram, word, map, event, time period, scene, experiment or character (from a story) that I am trying to remember.

When studying, I should \_\_\_\_\_

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