



The Salk Guidance Department presents...

# STUDY SKILLS

WHAT YOU NEED TO KNOW!



## WHAT IS AN ACRONYM?

- A trick for remembering facts
- Underline the 1st letter of each fact
- Arrange the underlined letters to form a word
- For example—need to remember the Great Lakes?
- Huron
- Ontario
- Michigan
- Erie
- Superior

Just remember the word **HOMES!**

Now come up

with your

own acronyms!

## THE BASICS OF STUDYING



### Getting Started:

1. Find a quiet place with no distractions (no phone, TV, or computer). That's your Study Station!
2. Gather everything you need before you start (notebooks, textbooks, pencils, pens, highlighters, index cards)
3. Study for one subject for at least 20-30 minutes
4. Reward yourself with breaks during your study session— 5 minute break for every 20 minutes of studying
5. Plan to do something you enjoy once you are finished studying as a reward for your hard work

### Helpful Tips:

- Use your agenda book to write down tests and assignments so you can schedule studying ahead of time
- Think of HW as practice—practice makes you better at sports, dance, art, etc. **AND** school work!
- Try to relate what you're studying to things you already know
- Do not cram for a test the night before— briefly review your notes each day



**SO WHAT DO I ACTUALLY DO WHEN I STUDY??**

**FLIP THE PAGE OVER TO FIND OUT!**



# How to Study



**Your study station is all set up, you have all your supplies!  
Now what? Use these tips and techniques  
to really learn the material!**

- Use acronyms to remember information (see page 1).
- Practice active learning– highlight, make flashcards, outlines, lists or notes with the information you need to know for the test. You'll be reviewing the material while making these tools and then you can use them to re-read and quiz yourself.
  - Flashcards– write vocabulary words/definitions, key people and/places, dates/events on index cards
  - Outlines– break down the information into smaller chunks
  - Lists– list key facts, terms, or vocabulary
  - Note-taking– take notes while reading the textbook. Write down key facts
- Quiz yourself or have someone quiz you. Use your notes, flashcards, outlines, and/or lists to quiz yourself.
- Read your notes, flashcards, outlines or lists out loud
- Review worksheets and quizzes from the same topic that the test is covering. Quizzes tell you what you know (correct answers) and what you don't know (wrong answers) about a topic. Look up anything you got wrong and find the correct answer.
- Repetition is key! Read, re-read, repeat. The more you read and review, the more likely you are to remember it!

## A few test taking skills to remember...

- Get a good night's sleep and eat a good breakfast
- Use the test to take the test– sometimes one question will give you hints that help you answer a different question
- Don't panic! Tackle one question at a time; skip what you don't know and go back to it later
- Take deep breaths if you start to feel nervous
- Remind yourself– YOU CAN DO IT!



## Have a question you can't quite figure out?

While studying at home, if there's something you don't understand, ask a parent or call a friend. At school, ask your teacher during class and make sure you attend extra help!

