

## STUDY STRATEGIES AND METHODS

### Memory Boosters~

- **Summarizing**- every 20-30 minutes stop and summarize most important ideas. Go back to material that you don't understand or are incorrect on
- **Graphic Organizing**- Create a visual summary of how the ideas relate: Venn diagrams, columns, etc.



- **Flash Cards**- Write key topics, vocabulary, and concepts on one side, then the definition, outline or map on the flip side. Test yourself using both sides of the card multiple times leading up to the quiz or test. Tie studying to something you like so review note cards during commercial breaks
- **Acronyms**- use letters from concept or vocabulary to jog your memory: GPS- Goals, Progress, Success and LEAH- Listening with Eyes, Ears and Heart
- **Let homework be your guide**- use returned assignments, projects, class notes and papers as study tools. Review them, practice solving equations and formulas. Test yourself or ask someone to test you

(turn over)

- **SQ3R**:

**SCAN**- get an overview of the material you're going to study

**QUESTION**- as you read or study, ask yourself the who, what, why, how, when and where of material. For example: What is the main point? What are the important dates? Where did this occur?

**READ**- read actively by using your finger as a guide. Be aware of bold or italicized print, graphics, tables and illustrations

**RECITE**- repeat main ideas, headings and concepts out loud

**REVIEW**- reread, go over class and text notes



Sources:

[www.howtostudy.com](http://www.howtostudy.com)

[www.adprima.com/studyout](http://www.adprima.com/studyout)

[www.sp.uconn.edu/~ph101vc/study/improve](http://www.sp.uconn.edu/~ph101vc/study/improve)

Covey, Sean. *The 7 Habits of Highly Effective Teens*. 1998. Fireside, New York, New York.