



Lifelong Study Habits For Success

Education Opens Doors



What to do?

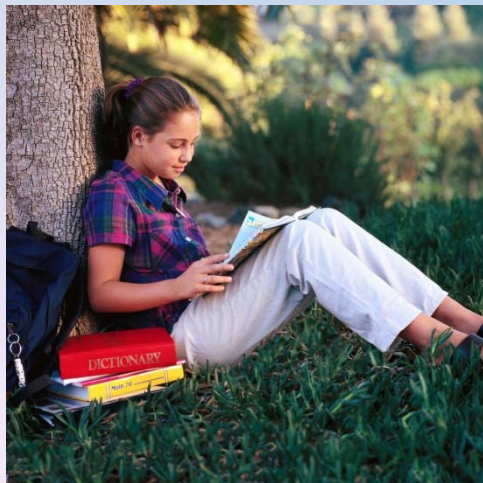


- Before a test

- During a test



- After a test



Think about and write down your goals

- Do you want to get into college, university or a special training program?
- Do you want to earn a scholarship?
- Do you want to please your parents?
- Do you want to prove to yourself that you can do it?
- Do you need to keep your marks up so you can play on a school sports team?

Know what works for you

- Make a list of things that help make learning work for you
- Keep these things in mind when making everyday choices and decisions in the classroom
- Consider what works when you pack your backpack, choose a place to sit or a project topic



Know what resources are available

- Is it possible to get a tutor?
- Do some teachers offer extra help?
- Can you organize a study group?
- Can you think of anyone who would proof read written assignments for you?
- Are you taking full advantage of Home Logic to keep up on assignments?



Take care of yourself

- Eat a good breakfast and lunch. Your brain will work better if it is fueled by protein. Have nutritious snacks available in your backpack.
- Get enough sleep the night before a test. Figure out how much sleep your mind needs



Use positive self talk

- Self-talk is an important thinking tool. It can help if you talk positively and think differently about your abilities.
- Statements such as, “I can’t do it!” or “It’s too hard!” are self defeating.
- Instead find and use positive statements, such as, “I can do it if I try!”, “ I am a hard worker!” or “I can use my strategies!”
- Work through learning tasks step by step.

Ask for what you need

- State the problem and give an example
- Let people know that you are working on this problem
- Briefly explain your solution to the problem
- Ask for their co-operation or permission for this accommodation (solution)



Set Smart Goals

* Specific, Measurable, Achievable, Realistic, Time-based

In Class

- Listen carefully to the teacher
- Avoid talking to friends
- Practise taking better notes
- Finish all assignments and hand in
- Participate in class discussions
- Ask the teacher questions when you don't understand

At Home

- Organize yourself each night for the next day
- Use a calendar for recording due dates and tests
- Break larger assignments into smaller parts and set deadlines for finishing each part
- Study in a quiet, distraction-free place
- Organize your desk, drawers and papers

Get Into Your Rhythm

- Make the best of your natural rhythms. If you're a morning person, get up early to study
- If you think better at night, allow for study time after supper
- If you get sleepy after supper, study right after school
- It's better to go with the flow than fight your own cycle



Handle Stress

- Take a course load you can handle
- Match your strengths to your course selection
- Begin an assignment right after the teacher gives it to the class
- Break up assignments into smaller, more manageable parts
- Ask for help when you need it
- Look for how you spend your time and make some changes
- Build in regular ways to relax and have fun

Learn from your mistakes

- Be honest with yourself. When you've made a mistake, think about what you learned from it.
- Mistakes can be wonderful learning opportunities and can help you know yourself better.

