

## Study Skills and Strategies



1. Have a designated “quiet” place to study. Eliminate Noise.
2. Have a set time frame to study.....Read a book if you finish your work.
3. Complete difficult assignments first while your brain is “fresh.”
4. Keep your planner up to date....Look at it and Use it!
5. Don’t procrastinate or wait until the last minute. Manage your time.
6. Go to study hall if it is offered.
7. Have a friend you can call for support.
8. Ask for help....Self Advocate!
9. Use your down time effectively...waiting for the bus, a ride, etc.
10. Have resources available: dictionary, thesaurus, encyclopedia, internet, paper, pencils, etc.
11. Stay organized. Have a separate folder/notebook for each class.
12. Reread all instructions. Make sure you know what is expected.
13. Study for 20 minutes or more for several days before a test.
14. Highlight important information.....memorize.
15. Ask a friend, brother/sister, or parent to quiz you.
16. Take all needed materials home.
17. Take short breaks if needed, but get right back to work.
18. Use positive self-talk. Negativity interferes with your motivation.