



Study Smart for Tests: Guided Notes

Study Smart: Introduction

I am happy with how I do on tests Rarely Sometimes Pretty often Almost always

I start studying for tests way in advance Rarely Sometimes Pretty often Almost always

I know a lot of different ways to study for tests Rarely Sometimes Pretty often Almost always

I reflect on how I study and make changes based on that Rarely Sometimes Pretty often Almost always

I like I am good at remembering important information for tests Rarely Sometimes Pretty often Almost always

I do well locking in to study Rarely Sometimes Pretty often Almost always

How do you prepare for tests? _____

Think of a test recently that went well. What do you think worked? _____

Think of a test that didn't go so well. What do you think was challenging? _____

Study Smart: What It Means

Study smart means studying _____ not _____

That means using strategies that actually help you _____

That means using your _____ and _____ the best way.

That means _____ ahead.

Study Smart: The Study Cycle

The focus of the study cycle is on what happens _____ the test. Before class, _____. _____ what the class will be learning. During class, _____. _____ class. Stay _____ to keep your brain _____.

What do you think? Does attending matter for learning? _____

What about previewing material? Have you ever done that? _____

After class _____. Re-read your _____

Have you ever done that? If so, when? _____

Do you think it would help? Why? _____

Before the test, _____. Study in _____,

_____ sessions. Study more than _____.

Before the test, _____. Take a practice _____.

Don't keep with a strategy that isn't working. Be _____.

Why do you think it's important to study more than once? _____

What's a study strategy you tried that didn't work? _____

How were you flexible? _____

Study Smart: How Long to Study

If you want to learn the information, you have to _____ it more than _____. Study when your _____ is _____.

Video. A pomodoro is a _____, _____ interval during which you work on what you _____ to work on and _____ what you _____ to work on-- until the _____ goes off, as which point you take a _____. So if we are having trouble getting _____ on something, we might ask ourselves, do I need a _____? If we think of something else we need to do during the pomodoro, we can think to ourselves, "No, I'm pomodoroing," and _____ the idea _____ and get back to _____.

Slide. Pick _____ task to _____ on.

Set a _____ for _____ minutes.

Work without _____ for the whole _____ minutes

When the timer goes off, take a _____ minute _____.

_____ this process.

Why do you think short, focused study sessions with breaks (like the Pomodoro Technique) can be more effective than long, uninterrupted study sessions? _____

Name: _____

Student Success Skill #15

Pomodoro _____, _____, intensely
_____ sessions followed by a _____.

Do it.

What school assignment do you want to work on? _____

What materials do you need? _____

What will you do for your 5-minute break? _____

Distraction box. Write any distractions that come up in here.

Reflect.

How did it go? _____

Study Smart: Study by Reviewing

_____. Ask yourself what it was mostly
_____ at your notes . _____ them
up. _____ what they were _____.
_____ if you were right. Make a _____.
By doing something with your _____, your
_____ will help the information _____ in
your brain.

Do it.

Look back at your notes on the study cycle and pomodoro method.

Cover them up.

Write down or tell me what they are.

Study cycle: _____

Pomodoro method: _____

Check. How close were you? _____

Study Smart: Study With Flashcards

Flashcards. _____ cards with questions or _____ on one side and _____ or definitions on the other.

Flashcards are a highly effective way to study _____, terms, math facts, _____, events in history, and _____ . To study from them, use the Leitner system.

_____ yourself on the flashcards. Put all the ones you got _____ in the _____ it pile. Put the ones you _____ knew in the _____ it pile. Put the ones you _____ know in the _____ it pile.

Spend most of your time studying the _____ it pile. The next most time on the _____ it pile. And the least amount of time on the _____ it pile. _____ the cards around as you _____ them.

Study Smart: Teach It To Someone

Like Einstein said, if you can't _____ it to a six-year-old, you don't _____ it yourself. The Feynman technique is based on a simple principle. If you can _____ someone else what you know, then you really _____ it.

Step 1: _____ a topic you really want to _____.

Step 2: _____ it to a six-year-old or _____

Step 3: Identify _____. As you _____, pay _____ to where you stumble, get lost, or aren't sure.

These are the _____ in your own _____.

Step 4: _____ and _____. See if you can figure out the _____ or information where you got _____. Then try to _____ it again.

1. What topic do you want to teach? _____

2. How will you explain it to someone who doesn't have background?

3. Now teach it to a peer for 2 minutes!

4. What gaps or challenges did you find in explaining your topic?

5. Now switch! Listen to your peer teach for 2 minutes

6. What did you learn?

7. Now listen to one more mini-lesson!

8. What did you learn?

9. Does teaching a concept help you learn it better? Why or why not?

Study Smart: Practice Problems and Quizzes

If you want to know how you will do on the _____, try a _____ or _____ like what you will see on the test.

If you want to know what you have _____ and what is still _____ do problems like what you will see on the test-- and quiz yourself. Quizzes and practice problems will tell you if you can sit back and _____ -- or if you need to ask for extra _____

Would you pass a quiz on this unit? _____

If not, what would you need to study? _____

Study Smart: Your Turn

1. Go back through all of your notes on this unit.
2. Identify ten key ideas that we discussed in the unit.

Idea #1 _____

Idea #2 _____

Idea #3 _____

Idea #4 _____

Idea #5 _____

Idea #6 _____

Idea #7 _____

Idea #8 _____

Idea #9 _____

Idea #10 _____

3. Then create a poster, comic, or one page flyer with your top 5 test study tips. It needs to be colorful, well designed, and have 5 good study tips.

PREVIEW