



Tips for Success

From Arpi



Writing the Test

- get a good night's sleep
- eat breakfast, lunch, snack...
- come prepared with required material (calculator, pencil, eraser, protractor...)
- skip questions that are difficult and go back to them later
- have a positive attitude
- don't rush through it
- read each question carefully
- on a separate piece of paper write down everything you know (e.g. formulas)
- always show your work (math/sci)
- use part of the question in your answer
- read over the whole test

Memorizing

- repeat it (7 times is best)
- write it down
- say it out loud
- make a connection (or acronym)
- combine some strategies



Reading Textbooks

- scan one section/chapter at a time
- read headings and sub-headings
- read graphs, diagrams, pictures and their captions
- read bolded words
- make sure you are aware of what you are reading (mind isn't wandering)
- make visual images of what you read
- ask yourself questions about what you read
- read over if you don't understand
- refer to internet sites
- make notes on one paragraph at a time

Catch up When You're Behind or Have Been Away

- ask teacher(s) for missed work
- get someone to bring work to you
- ask teacher(s) for help
- ask teacher(s) for upcoming due dates/tests
- ask teacher(s) for priority of work to be completed (prolonged absence)

Studying

- don't pull a late night/all nighter
- break down into smaller chunks
- keep distractions away (computer, TV, iPod...)
- index cards (question one side, answer on the other; shuffle and ask yourself questions)
- split page method (key words/vocabulary on left side, definitions and explanations on the right side)
- after making notes/questions get someone to ask you questions
- take a 5 min break every 45-60 min
- make a plan and stick to it

Taking Notes

- date and label all notes and handouts
- organize jot notes, add more detail and organize handouts that night
- underline key words
- make notes on one paragraph at a time

Time Management

- make a list of everything that needs to be done
- prioritize work
- make a plan and stick to it
- break up large pieces of work/assignments into smaller chunks
- check it off as it is done
- start things when assigned
- take a 5 min break every 45-60 min
- pack knapsack the night before



Listening in Class

- active listening (don't let your mind wonder or talk to others)
- ask questions to clarify
- keep an open mind to what is being discussed

