

## GETTING THE BEST RESULTS

*So, you've studied your heart out and want to guarantee that all the information your brain has stored is available when you need it. Here are some ways to help make it happen...*



### BEFORE...

Be sure to have all the right tools organized the night before, i.e., pencils, pens, calculator, eraser, ruler, etc.

Have a good night's sleep.

Eat a good, not huge breakfast and lunch.

Stop reviewing material an hour before the test/exam.

Relax! - practice deep stomach breathing.

### ON-LINE HELP

<http://www.ilccei.com/index2.html> (click on "Welcome" then "Ask a Teacher").



## GETTING THE BEST RESULTS

### DURING...

Breathe!

Focus on the task, not on the people around you.

Read the directions carefully and read all the questions first.

Do the questions you know best, first  
Read each question twice before answering it.

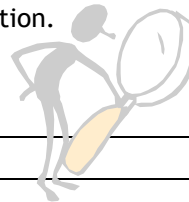
Be careful to give what is asked for, not what isn't asked for.

Think before you write. If essay form is asked for, jot down the points you need to include.

Leave time to check your paper for spelling, grammar, complete answers and relevant information.

Make sure you allot an appropriate amount of time for the value of the question.

Continue breathing!



### AFTER...

Add up all the marks to check the total.

Be sure that all answers were marked.

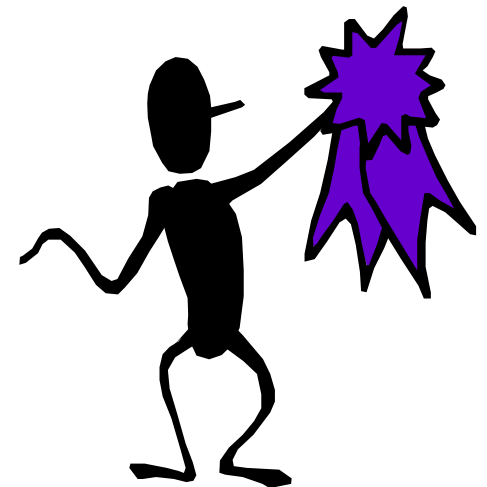
Read all comments. Ask about any remarks you don't understand to avoid repeating bad habits/incorrect answers in future tests.

Make sure you allot an appropriate amount of time for the value of the question.

D  
M  
C  
I



# STUDY TIPS



## MASTERING TEST/EXAM

### WHEN?

Give yourself lots of time. Your brain needs time to absorb information. *The more spread out your study times, the more likely you are to remember the information in the long run.* Schedule a week for a test, a month for an exam. Study for 45 minutes per subject, then take a short break and return to the task. Develop a routine that fits your style.

### WHERE?

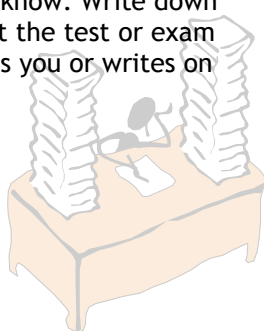
Choose a quiet place, away from the Internet, TV, radio and telephone. Choose a desk or table instead of a bed or couch. Remove as many distractions as possible

### WHO?

Most of your studying should be done alone. You need time to study on your own first so you can learn the material. Make a list of any areas or questions that you can't understand. Discuss these with your tutor/parent/guardian/sibling/friend well in advance. Studying with a classmate can be very helpful after you've reviewed all your work.

### WHAT?

Be sure your notes are complete and organized. To start off your studying have a clear understanding of what material you need to know. Write down any information about the test or exam that your teacher tells you or writes on the board.



## MASTERING TEST/EXAM



### STRATEGIES

**Plan** when you are going to learn. Learn small chunks at a time. If you're trying to learn too much at once, you may not remember any of it!

- ✓ Don't rush it - learning takes a lot of time. Leave time to review especially the day *before*. Create a study plan

**Be active** - have a pencil in hand - make notes

- ✓ **test** your learning by writing things out then checking back with the original
- ✓ **do** questions - no-one ever learned all the math by just reading
- ✓ **create** organization and memory aids
  - ◆ number the points to be memorized
  - ◆ use mnemonics, e.g., BEDMAS
  - ◆ group items together
  - ◆ make summaries
  - ◆ use point-form outlines
  - ◆ list definitions
  - ◆ review! review!, review!
- ✓ **anticipate** the questions
- ✓ **check** the end of the chapter for reviews and tests
- ✓ **redo** parts of previously assigned homework, check the answers and go for help on the ones you can't do
- ✓ **arrange** a time to ask the teacher for help - don't wait until the day of the test
- ✓ **review** quizzes from class and any old tests you can get hold of
- ✓ **repeat! repeat! repeat!** The key to learning is repetition!

## MY PERSONAL STUDY HABITS

*Circle the answer that best describes your personal study habits*

My best study time is

- a) morning
- b) afternoon
- c) evening
- d) other

The location where my best studying happens

- a) at my desk
- b) at the dining room or kitchen table
- c) at the library
- d) other

3) After studying alone, I find it helpful to ask questions. I'll ask

- a) my teacher
- b) my friends
- c) a tutor
- d) someone else

I know I can learn by seeing, hearing and doing, but what works best for me is

Second best is \_\_\_\_\_.  
I can incorporate this self-knowledge into my studying by \_\_\_\_\_.

