

Study Skills 2015/2016

SMART goal setting – **S**pecific, **M**easurable, **A**chievable, **R**ecord and have a **T**ime limit

Set goals for each subject per term and per year. Check in regularly to see if you are achieving these goals.

For example; I would like to get between 50-60% in maths in the November test. To do this I will do my homework every day and I will spend 20 minutes every weekend going back over what I did that week.

Time management is the key – make out a study timetable and stick to it. To help you stick to it you have to make it realistic, that is, you have to leave time for extracurricular activities and eating your dinner.



Use a **variety of study techniques**. By only reading something you will find it difficult to remember the information.

- Organise yourself, your notes and have a set place to study
- SQ3R – Survey, Question, Read, Recite, Review.
- Mind mapping
- Using colour
- Key words
- Charts
- Diagrams
- Test yourself



Ask Questions: If you are stuck on a topic in class, ask for help immediately. If you wait it will only get more difficult. You can ask your teacher or the other students in the class.

Sleep, eat well, exercise and have some free time every week.

SQ3R

Survey – Scan the material. Look for titles, subtitles, pictures, diagrams, bold and italic type

Question – After surveying ask yourself questions. Start with questions that begin with Who, What, Where, When, Why and How. Or use the questions at the end of the chapter.

Read – Go back to the beginning and read normally. Answer the questions as you read (if possible, have the questions beside you so that you are not flicking over and back).




Recite – Cover the answers to your questions and recite them. Quiz yourself.

Review – Go back over the material, in particular answers to questions you could not remember. Reread your notes and outline the main points.

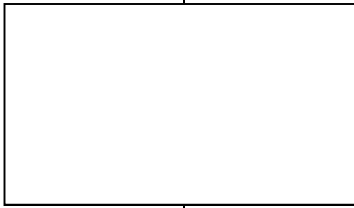
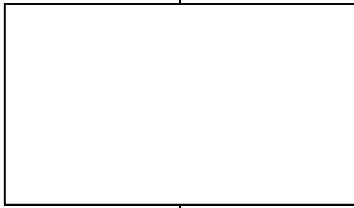
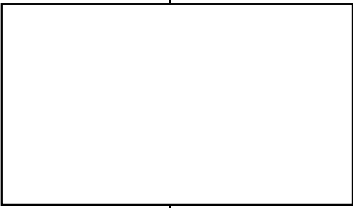
Worksheets

Summary Sheet

When you finish reading a paragraph or page write down your 3 – 2 – 1 points to help you sum up the main ideas and to figure out anything you don't totally understand.

	Things I found out about
	Interesting things
	Questions I still have

Summary Tree



Event Summary

