

## Study Skills 2015/2016

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

Think of what grade you would like to get in each subject and how you are going to achieve that grade. For example I would like a C in Maths in the JC. To get this I will do my homework every day and I will spend 30 minutes extra every week on maths.

**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 (sport/music) and eating your dinner.



Use a **variety of study techniques**. By only reading something you will find it difficult to remember the information. Use different study methods depending on the time of day. If you are tired try writing work.

- Organise yourself, your notes and have a set place to study. Minimise distractions. Put phones away and ensure you are in a quiet place.
- SQ3R – Survey, Question, Read, Recite, Review.
- Mind mapping
- Using colour
- Key words
- Charts
- Diagrams

**Ask Questions** if you are stuck on a topic in class. If you wait it will only get more difficult.



**Review material:** go back over what you have covered to make sure you understand and remember it.

**Use exam papers:** They will help you practice time and get used to the style of exam question.

*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. Who, What, Where, When, Why and How.

**Read** – Go back to the beginning and read normally. Answer the questions as you read.

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




**Review** – Go back over the material. Reread your notes and outline the main points.



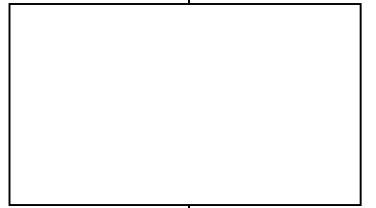
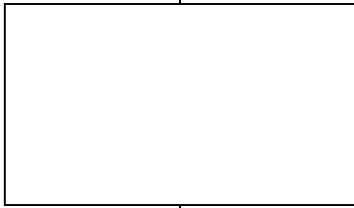
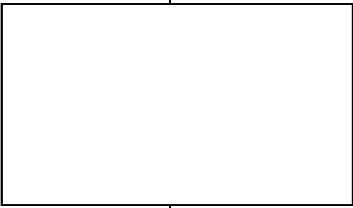
# Worksheets

## *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.

	<b>Things I found out about .....</b>
	<b>Interesting things .....</b>
	<b>Questions I still have .....</b>

*Summary Tree*



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# Event Summary

