

Top Study Tips on How to Improve Academic Performance

1. Self-regulation:

This is the ability to notice when the technique used is not working (monitoring comprehension and goal setting). **After taking a quiz or exam, students should review their study habits. Did you do as well as you expected? If not, why? What are you going to do differently?** Students are often over-confident about their grasp of knowledge and understanding of material, for instance they believe they know the material by merely sitting through class but not actively participating.

2. Use our school's resources, on-site, one-on-one National Honor Society peer help

or on-line  www.homeworkla.org

Another useful tutoring site is <http://www.hippocampus.org>

From <http://homeworktips.about.com/od/studymethods/tp/studyhabits.htm>:

3. Try to establish a quiet study zone at home.

4. Complete your homework and bring it to school; not doing so will ruin your grade;

5. When you put work off until later, you take the chance that nothing will go wrong at the last minute--but in the real world, things *do go wrong*. So how can you battle the urge to procrastinate? Start with trying to recognize that a feisty little voice that lives inside every one of us. It tells us it would be more fun to play a game, eat, or watch TV when we know better. **Don't fall for it!**

6. From <http://psychcentral.com/lib/2006/top-10-most-effective-study-habits/>:

How you approach studying matters! Too many people look at studying as a necessary task, not an enjoyment or opportunity to learn. That's fine, but researchers have found that how you approach something matters almost as much as what you do. Being in the right mindset is important in order to study smarter.

Sometimes you can't "force" yourself to be in the right mindset, and it is during such times you should simply avoid studying. If you're distracted by a relationship issue, an upcoming game, or finishing an important project, then

studying is just going to be an exercise in frustration. **Come back to it** when you're not focused (or obsessed!) by something else going on in your life.

Don't forget to learn! Studying isn't just about passing an exam, as most students believe. Studying is an effort to actually learn more things and care about the subject matter. So while you'll have to take your share of classes that have little or nothing to do with your interests, you should still look for interesting connections or processes to take away from every experience.

Ways to help **improve your study mindset**:

- ***Avoid comparing yourself with others, because you usually just end up feeling bad about yourself. COMPARE YOURSELF TO YOURSELF... HOW ARE YOUR IMPROVING?***
 - ***Aim to think positively when you study, and remind yourself of your skills and abilities.***
 - ***Avoid catastrophic thinking. Instead of thinking, "I'm a mess, I'll never have enough time to study for this exam," look at it like, "I may be a little late to study as much as I'd like, but since I'm doing it now, I'll get most of it done."***
 - ***Avoid absolute thinking. Instead of thinking "I always mess things up," the more objective view is, "I didn't do so well that time, **what can I do to improve?**"***
7. **Find a memory game that works for you** (mnemonic devices)

Memory games, or **mnemonic devices**, are methods for remembering pieces of information using a simple association of common words. Most often people string together words to form a nonsense sentence that is easy to remember. The first letter of each word can then be used to stand for something else – the piece of information you're trying to remember. The most common mnemonic device example is "Every Good Boy Deserves Fun." Putting the first letters of every word together – EGBDF – gives a music student the five notes for treble clef.

The key to such memory devices is the new phrase or sentence you create with has to be more memorable and easier to remember than the terms or information you're trying to learn. **These don't work for everyone**, so if they don't work for you, don't use them. Mnemonic devices are helpful because you use more of your brain to remember visual and active images than you do to remember just a list of items. Using more of your brain means better memory.

8. **Take breaks & review your notes and quiz yourself daily shorter, spaced, repeated, and chunked study time works best (last minute cramming is least effective)**

Rewards start by chunking study time into manageable components. Studying for 4 hours at a time with no breaks is not realistic or fun for most people. Studying for 1 hour, and then taking a 5 minute break and grabbing a

snack is usually more sustainable and enjoyable. Divide study time into segments that make sense and work for you. If you have to digest a whole textbook chapter, find sections in the chapter and commit to reading and taking notes on one section at a time. Maybe you only do one section in a sitting, maybe you do two. Find the limits that seem to work for you.

Do you truly have the details committed to memory? Top to bottom, bottom to top, inside out outside in?

9. **Practice** with friends, or solo, “practice makes perfect.”

Preparation is everything. The old age adage, practice makes perfect, is true. You can practice by yourself by testing yourself with either practice exams, past quizzes, or flash cards (depending what kind of course it is and what’s available), or invite a friend.

10. **Know the expectations of the class; communicate with your teacher:**

If you get a particularly bad grade on a paper or exam, talk to the instructor. Try and understand where things went wrong, and what you can do in the future to help reduce it from happening again.

Pay attention in class. If the instructor writes something on the whiteboard or displays it on the screen, it’s important. But if he/she says something, that’s important too. Copy these things down as they’re presented, but don’t zone out completely from what the instructor is also saying. Some students focus on the written materials without regard for what the instructor is saying. If you write down only one aspect of the instructions (e.g., just what they write down), you’re probably missing about half the class.

More from <http://homeworktips.about.com/od/studymethods/tp/studyhabits.htm>:

11. **Maybe Organizing with Color will work for you?** Devise your own color-coding system to keep your assignments and your thoughts organized. You may select a single color for each class (like science or history) and use that **color** for your folder, your **highlighters** (but don’t highlight everything, **just key words**), your sticky notes, and your pens. You’ll be surprised to discover how much strong organization skills can change your life!

More from <http://school.familyeducation.com/skill-builder/college-prep/37653.html>:

12. **Time Management** (use some sort of daily planner, electronic or paper)
You know the deal: There are just 24 hours in each day. What you do with that time makes all the difference. While high-school students average 35 hours per week of class time, college students log an average of 15 to 18 hours per week. **Getting your "free" time under control now** will help prepare you for managing that extra 20

hours a week come freshman year of college -- when you'll need to study and want to socialize more than ever.

More from Principal Miholic

13. You know how you read a page in the book, **and you reach the bottom of the page, and if feels like you didn't read it?** You didn't. You were not thinking. **Read actively; think about what you're reading.** It's just not reading letters and words. You have to find a way to make connections to stay tuned to the meaning. If you do this, your memory of what you read will naturally follow.

14. **Study yourself!** Want to see if you have effective study habits? Go to <http://www.reallygoodstuff.com/pdfs/143966.pdf>

15. **Other sites that echo the suggestions above:**

Junior High: <http://www.brighthub.com/education/k-12/articles/3521.aspx>

All learners: <http://www.tutorfi.com/wordpress/index.php/10-effective-study-habits>

<http://www.how-to-study.com/study-skills/en/studying/39/the-ten-study-habits-of-successful-students/>

<http://www.teachervision.fen.com/study-skills/teaching-methods/6390.html>

Parallel college-ready sites:

http://studyskills.suite101.com/article.cfm/college_student_study_mistakes

<http://www.howtostudy.com/topten.htm>

http://www.surfnetkids.com/study_skills.htm

<http://www.helium.com/items/1286670-top-10-ten-study-skills-needed-by-college-freshmen>

<http://frank.mtsu.edu/~studskl/10tips.html>