

# How Do I Study?

Ms. Dwyer

Guidance Counselor

John W. Wynn Middle School

# Why Do I Need to Study?

It is not enough to reread a chapter or glance at notes. In order to remember information, the information must get from your short term to your long term memory. There are certain steps you can follow to remember information and be successful on a test.

# Steps for Success

1. **DECIDE** what's **IMPORTANT** to study – look at the study guide, talk to teacher.
2. Put information into your own words and create your own examples.
3. Use different ways to organize information such as pictures, charts, or graphic organizers.
4. **PRACTICE** key points of information: Rereading, rehearsing, reading out-loud, rewriting or typing notes.
5. **TEST YOURSELF** – Find out what you know and need to learn!

# Using Graphics

- There are many ways to organize what you have learned:
  - Charts
  - Diagrams
  - Webs
  - Pictures

# Rehearsing Key Pieces of Information

- Flashcards
- Rewriting notes – typing them on the computer, writing them by hand.
- Reading notes or key information out loud.

# Test Yourself

- First, determine what you **HAVE** learned.
- Then, you will know what you **NEED** to learn
- Test yourself by completing chapter reviews, going over the study guide distributed by the teacher, and practicing previous worksheets.

# Other Resources for Studying

- Stay after school for extra help from the teacher.
- Form study groups with peers.
- Study with an adult.

# References

- Abry, D.A., Smith, D.R., & Tuckman, B.W.  
*Learning and motivation strategies: Your guide to success.*  
2<sup>nd</sup> Edition. Upper Saddle River, NJ. (2008).