

- Study for **focused blocks of time** when you are alert. Study for 45-50 minutes, then take a 5-10 minute break. This keeps you more focused.
- Create your own **quiet study space**. If you don't have a desk in your room or if the dining room table isn't quiet enough, consider the local library.
- **Don't do other things** while you are studying. This



includes watching TV, texting, checking Facebook or Twitter, fixing a snack or talking on the phone. Occasionally, people claim they study better with music playing. If it is only background music that does not make you tap your pencil to the beat, it might work for you.

- If you feel you're losing focus, **switch** the type of task you're working on, the subject you're studying or the place you're studying. Stop studying when it is no longer productive.
- **Don't waste time** between classes or while riding the bus. Review your notes or make a note of any questions you have about the material.
- If you have a lot of reading to do to prepare for a test, **make notes** while you go along.
- **Ask for help** when you need it. Teachers and friends are usually willing to go over something with you again if you didn't quite "get it" the first time.
- Occasionally, **study with a friend**. Quiz each other, compare notes and discuss differences in your notes or your understanding of the material.

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CREDITS

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STUDY TIPS TO HELP YOU

SOAR THROUGH HIGH SCHOOL



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These skills can last a lifetime

Study skills are often called learning skills. People who are skilled at learning get more out of their lives because they look for opportunities to grow and gain more knowledge. If you have learning skills, not only will you get more out of what happens in school, but you'll be better equipped to meet your life goals.

Learning skills transfer to areas of your life beyond school. If you have good listening skills, you can improve relationships with friends, other people at school and your family. The ability to solve problems or issues helps you in personal and professional experiences.

Learning is a progressive process. As you move through life, you build gradually on your skills. Learning how to study, or learning how to learn, will benefit you in ways that go far beyond report card grades. This brochure contains suggestions designed to help students get more organized, spend time more wisely and improve grades. You are encouraged to use each strategy and to encourage others to adopt each one as well.



Know your own strengths and challenges

Before learning study skills, remember a few important points. First, there is no one right way to study. Each of us will find something a bit different that works for us. Your study routine may differ from your friend's, sister's or brother's. **Figure out what works best for you and stick with it.**

Secondly, as the student, **you are most responsible for doing your homework.** This does not mean you cannot get help from your parents, teachers or even friends, but getting help does not mean someone else should do your homework. You also shouldn't have to be asked over and over to do your homework.

For some students, when it comes to studying, if there is no pain, there is no gain, but it does not have to be that way. **Your success in school is dependent on your ability to study effectively and efficiently.** Studying any material requires work. Use the suggestions in this guide to think about what you read, and get ready to become a more successful student.

Consider these study tips

Are you having trouble studying for that test? Is it hard to concentrate on your homework? Do you go to class and not remember anything of what you studied the night before? Do you go blank when the teacher passes the test around? Although there is no magic formula to get that "A" on your math test, these tips will send you on your way to doing well on your next exam. Be aware that knowing effective study skills is only part of the task. Implementing them requires discipline and practice as well as strong motivation to make a change to succeed.

- You won't do well if you never show up for class. **Attend class every day**, even if your best friend does not.
- **Take advantage of tutoring** or extra help from your teacher. If you are struggling, this can make a huge difference.
- **Set aside a specific time to study.** Many students find it easiest to go home, have something to eat and then study right away. If you have other activities that will interfere with this schedule, find what works best for you.
- **Get into the habit of studying every day.** If you do not have any specific assignments, review topics that you find hardest.
- Make a list of all the things you need to do. Divide the workload in to manageable blocks of time. **Prioritize your tasks and stick to your deadlines.** Usually it is best to do the hardest subjects first. Your brain is fresher when you first start studying.