

## HOW TO STUDY FOR A TEST!!

1. **Know what you're being tested on.** Take all the mini assignments (worksheets, study notes, etc.) from the class your studying for and have them all at hand. Most middle school students have their sheets all in a folder/binder, which is a great idea. An even greater idea is color coding your folders for your classes (ex: red for math, white for LA.)
2. **Look over everything,** trying to think about what might be on the test. Put stars or a mark on that information.
3. **Make a study sheet on the computer.** But don't waste all your time making a worksheet. It should only take 5 minutes.
4. **Type up the questions and write the answers underneath them.** You might also want to research your topic. If you'd like to use this information, the best thing to do is to print it. Once you've printed it, highlight and take notes of what you've collected that might be on the test. Don't write in complete sentences, as it is too time consuming and makes it harder to memorize
5. **You can either study this information,** or sum it up by typing a report that includes everything that you think with be on the test.
6. **Go to a quiet place where you know you won't be distracted.**
7. **Study these questions over and over** again until you are sure you know them perfectly, so perfectly that you even remember the questions.
8. **Quiz yourself** inside your head, going over the questions and answers over and over. Do this step everywhere, while eating, while going on the computer, before going to sleep at night.
9. **Make up a song or story** that is going to get stuck in your head about the information. Its an easy way to know the information!
10. **Either be ready, or ask for a blank study guide.** Fill in the blanks just like you were taking a test, and check for mistakes when you are finished. this can be repeated many times and is a great way to learn tough information.
11. **Find a method that works for you** and don't let others distract or tease you over that. If that means listening to your study notes on your ipod or using goofy flash cards don't worry. You will do better on the test!
12. **Start studying early and often,** then you won't be in a hurry and you will be prepared for a pop quiz.

13. **Go to a quiet, nice, relaxing place to study.** You can even have some music playing in the background.
14. **Make a schedule and stick to it** of the subjects that will have tests on. Include breaks between for meals for anything and stretching.
15. **Make study notes** from the notes you made in class. Don't just copy them. Highlight the keyfacts.
16. **Write down facts and important things on flash cards** to carry around with you in case you have a couple minutes to go through them. **(Integrate color: colored flashcards, colored pencils, or a rainbow of highlighters. Before you start reviewing, have your student identify specific colors for themes, details, concept, and arguments.)**
17. **Stop Thinking anything else** related to the outside world. For example: you had a fight with somebody yesterday or your teacher insulted you etc. Don't confront yourself to the topic but just be in the world of your subject. Stop thinking about your family and your loved ones and at least at that time forget about your expectations that stumble into your mind.
18. Remember: **SQ3R:**
  - **S**urvey: Scan your book for the most important things (They may be in bold, italics, or something else that makes it stand out)
  - **Q**uestion: Make practice questions and **DO NOT** write the answers
  - **R**ead: Skim your material or read it actively
  - **R**ecite: Answer your questions you have previously written down (Hint: Talk out loud!)
  - **R**eview: Review this process until you have it down
19. **If you have a sibling, friend or parent that would like to help,** ask them to make a sheet for your or just ask you questions. You'd be surprised at how well you learn it when someone is asking you questions.
20. **Make an acronym.** This is an invented combination of letters. Each letter is a cue to, or suggests an item you need to remember.
21. **An Acrostic** is an invented sentence or poem with a first letter cue: The letter of each word is a cue to an idea you need to remember.
22. **Studying while doing something physical**(shooting hoops, walking on a treadmill, taking a walk, this is great for the kinesthetic learner).
23. **Integrate visuals.** Students should be given a visual representation of the information as often as possible-- it can even be as simple as a circle drawing.
24. **Tape record what you are studying.** As you do other things listen to what you have taped.
25. **Integrate visualization.** For every piece of information that your student is attempting to memorize, have him/her think of a picture for it -- whatever comes to mind. It takes 30 seconds, but it's often the key to long-term memory.

## Tips

- If you have time in sessions because your done with the subject then go over it to make sure you understand the information .
- If you want, you can give the study sheet to other people to quiz you with.
- Try putting on some classical music while you study.
- Start a study group with other people that need help and maybe a few people that are really good at test taking. This can help make it a little more fun.
- To make it even more fun, make games out of the material and have a competition between you and your friends. For example, play *Jeopardy* or *Who Wants to be a Millionaire* with some of those hard questions.
- A really good way to study vocabulary can be to quiz yourself using flashcards YOU made. Writing reinforces the information three times as well as reading it alone.
- It also helps to review these terms right before you go to bed
- record the information you don't know well on a tape player, and then play it over and over again, so that it is stuck in you're mind.
- After 30 - 45 minutes, take a 5 minute break to relax and settle down.
- If you are somebody who remembers stuff from movies, songs, etc. then put the things you need to study into the tune of your favorite song. If you are studying something like history then turn it into a puppet show, film it, then watch it over and over again (and also make the puppets funny looking).

