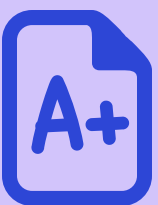




Study Tips for Teens



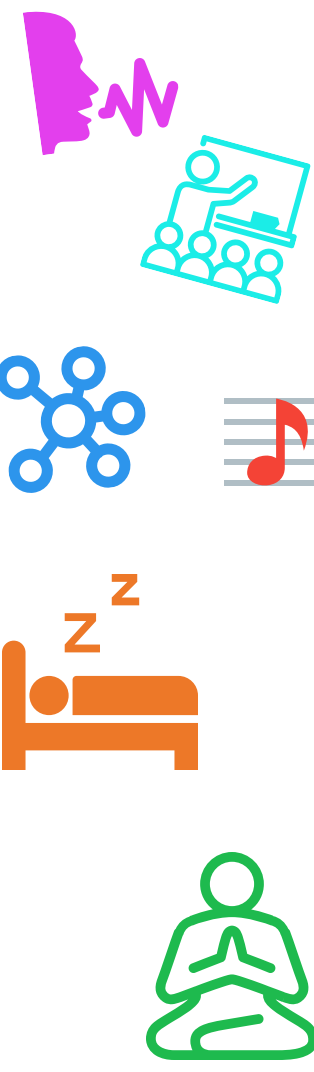
Follow these tips for better study habits and watch your performance improve on your tests!

by Denise Lowe, Learning Success Coach



Preparing to Study

- **Before starting to study, make sure you have all your notes in order and completed.**
- Plan time to study weeks/days before test/exam. Study the content in small chunks over time. It is not good to cram the night before. (see info on time management)
- **When studying use the 25/5 rule** - study for 25 minutes uninterrupted, then take a break for 5 minutes. It helps to keep your mind fresh.



Studying Strategies

- Say it out loud, instead of just reading in your head
- Teach what you have learned to someone else
- Create mental associations
- Draw diagrams
- Tap while you talk
- Watch a video on the topic
- Google is your friend
- Create flashcards for quick memory
- Music can help, certain types that put you in a good mood
- Practice, Practice, Practice
- Don't study late at night (need good rest before test day)
- Bounce a ball while studying
- Study Buddy or small group study
- Meditation - helps to calm
- Reward yourself



Your Study Area

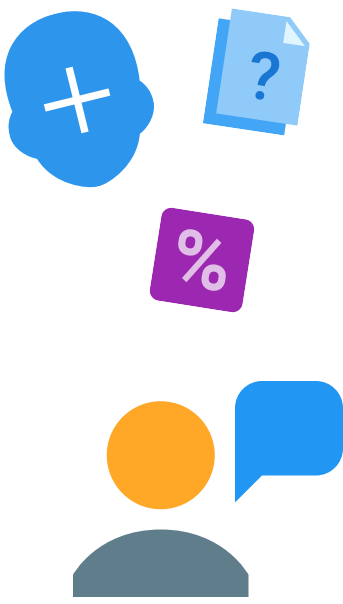


- Have a desk or table to work at
- make sure it is well lit, has good lighting
- fresh air - open a window
- have all supplies needed (will save time)



Electronics

- Put phone away for the 25 mins study time
- can be on your phone for 5 min break time
- limiting distractions like electronics will help you focus



Positive Self Talk

- **keep reminding yourself that you are smart and you can do this!**
- It's okay to make mistakes, learn from them and move on
- Always do your best!!



DENISE LOWE



www.deniselowe.ca



@dloweinspires