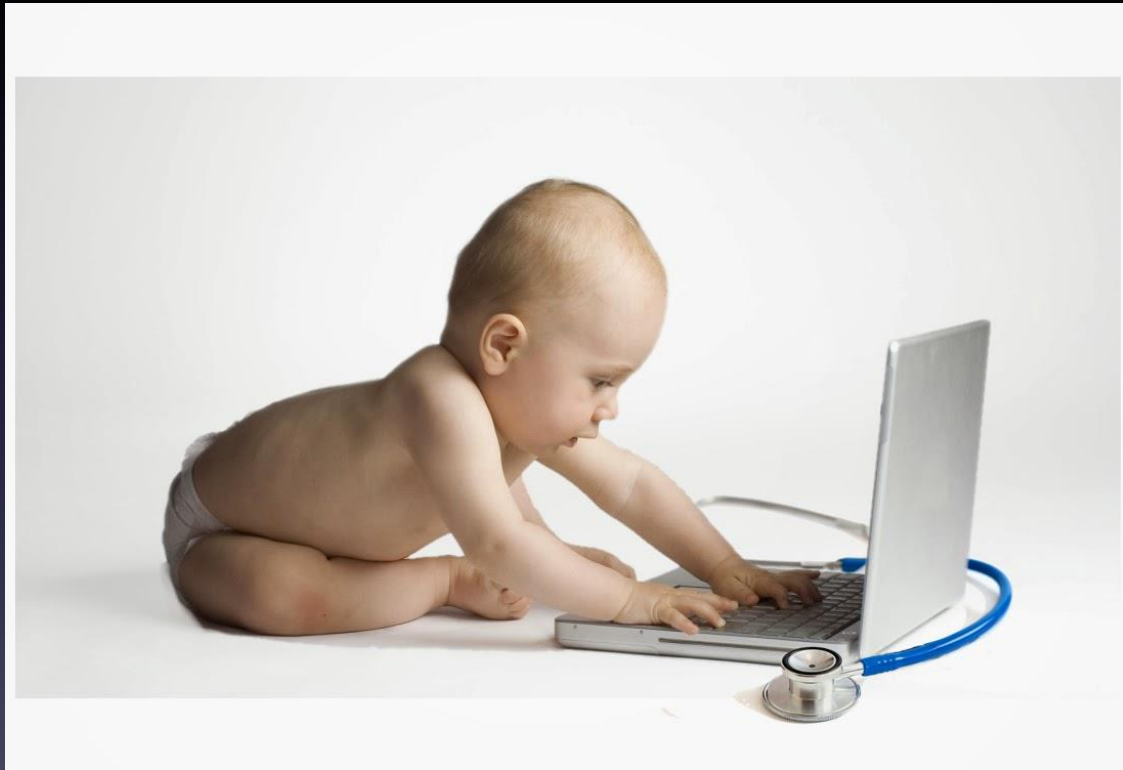
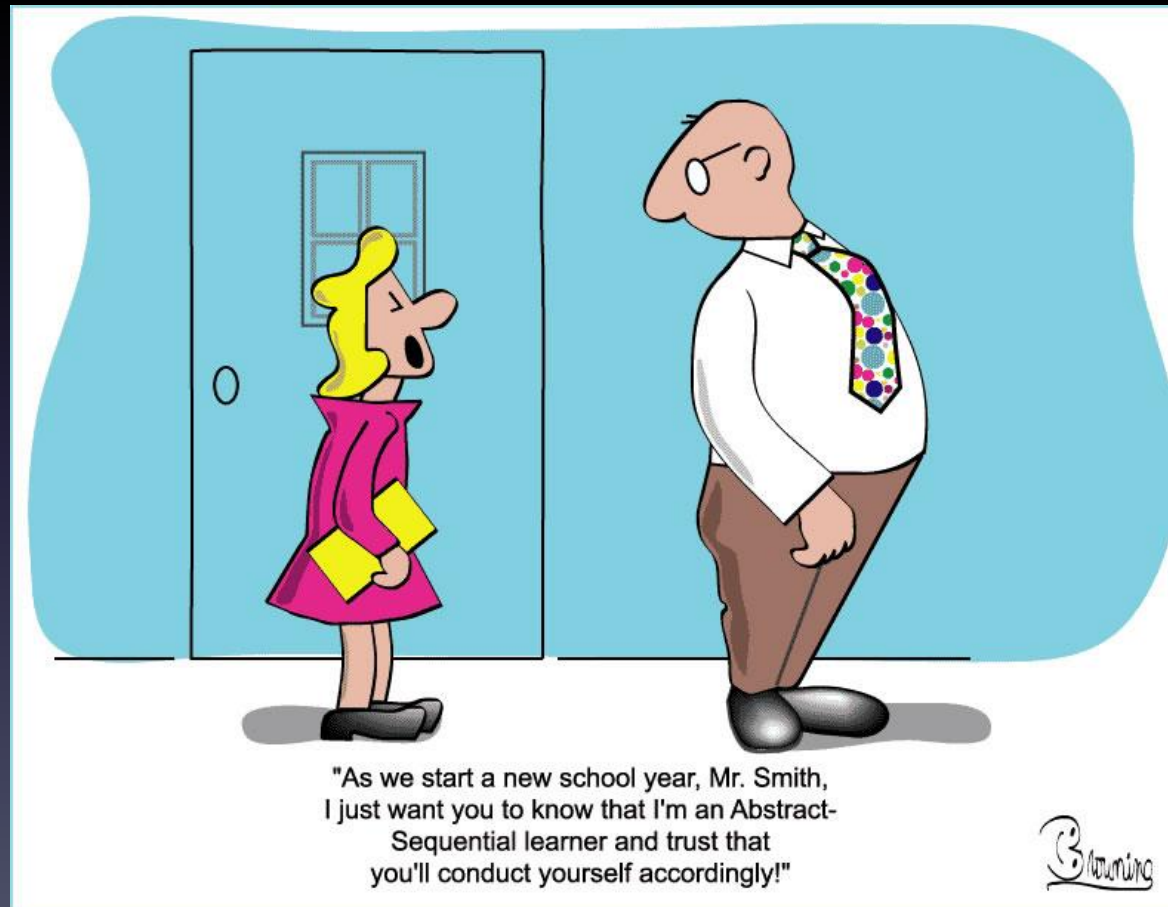
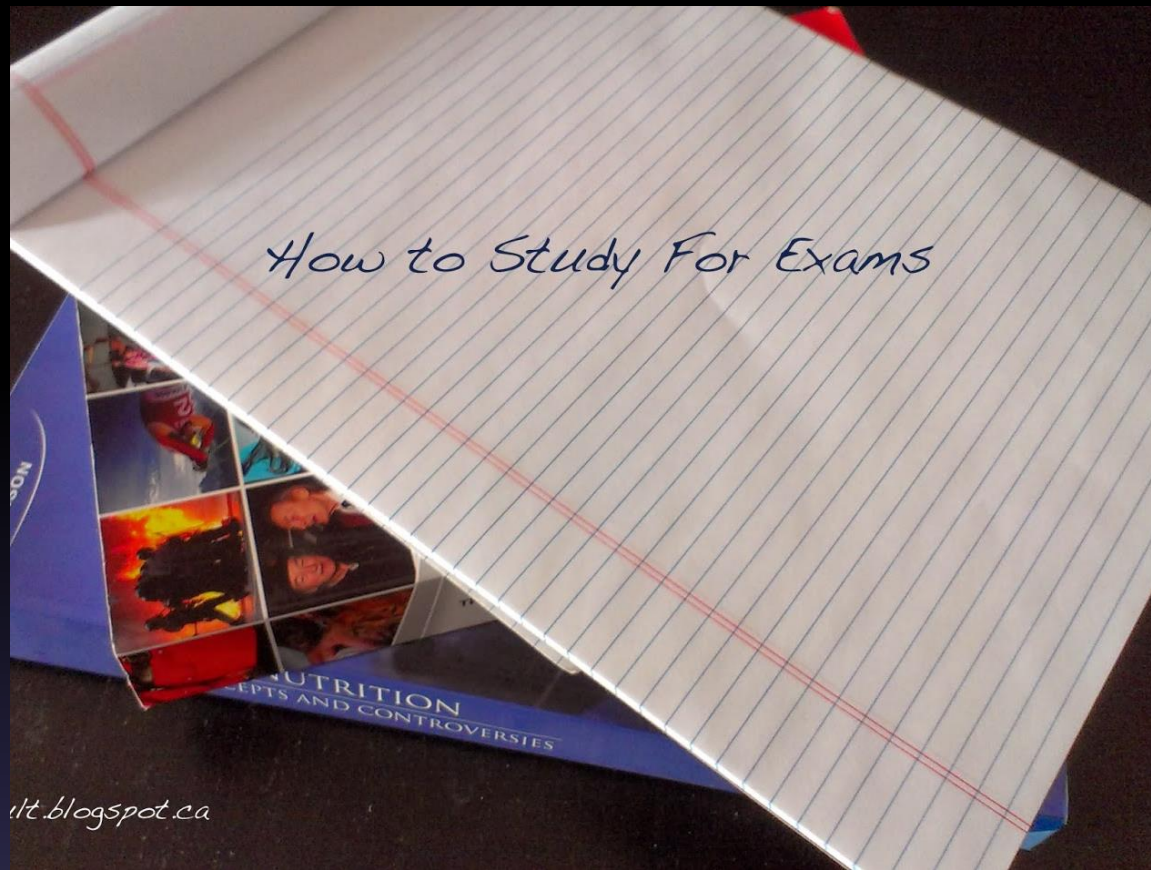


Helping Our Students Study For Exams



It is important that we recognize the individual
and who they are.





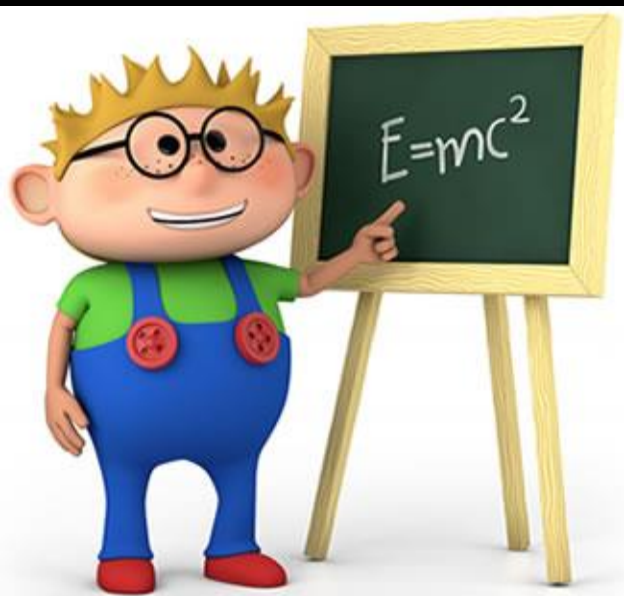
- By recognizing and understanding your student's learning style, you can assist them by using techniques better suited for them.
- This will improve the speed and accuracy of their learning.

Different Learning Styles



- Everyone has a mix of learning styles.
- There is no right mix.
- Nor are their styles fixed.





What Is My Learning Style ?

- Some students may find that they have a dominant style of learning with far less use of the other styles.
- Others may find that they use different styles in different circumstances.

What Is Your Student's Learning Style?



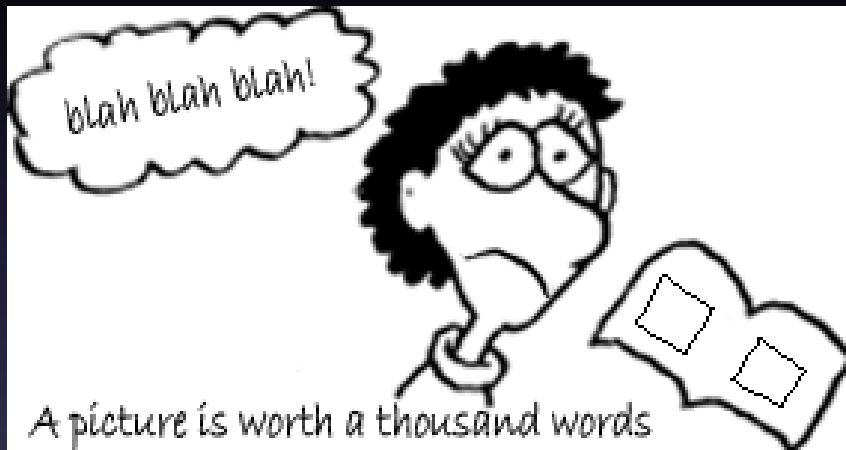
Recognize Your Visual Learner

Does your student...

- prefer using pictures/images?
- have good spatial understanding?
- need to see it to understand it?



Visual Learners



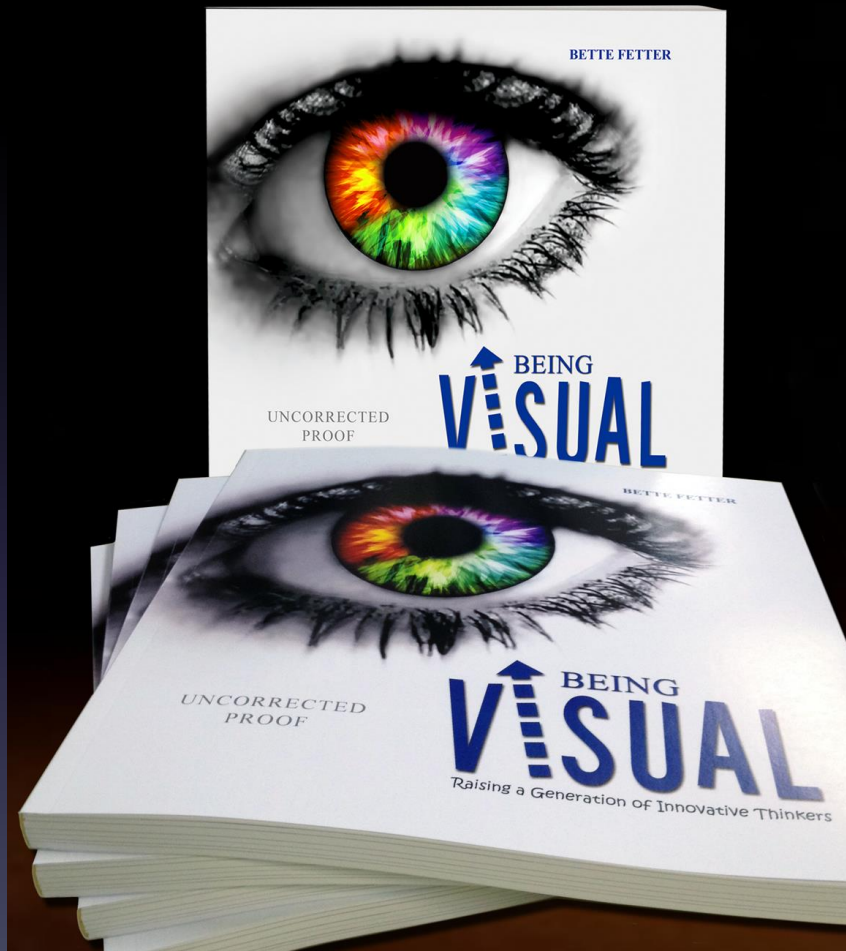
Does your student have...

- difficulty with spoken direction?
- trouble following lectures?
- misinterpretation of words?

Visual Learning Tips

- Look at the pictures first, check out any diagrams, charts or maps
- Use graphics to reinforce learning (films, slides, illustrations, and diagrams).
- Use colour coding to organize notes.





- It is important that students write out directions/instructions.
- Have them visualize the spelling of words/facts to be memorized.

Recognize Your Auditory Learners

- Does your student prefer to get information by listening?
- Do they need to hear it to understand it?
- Are they good at phonics?



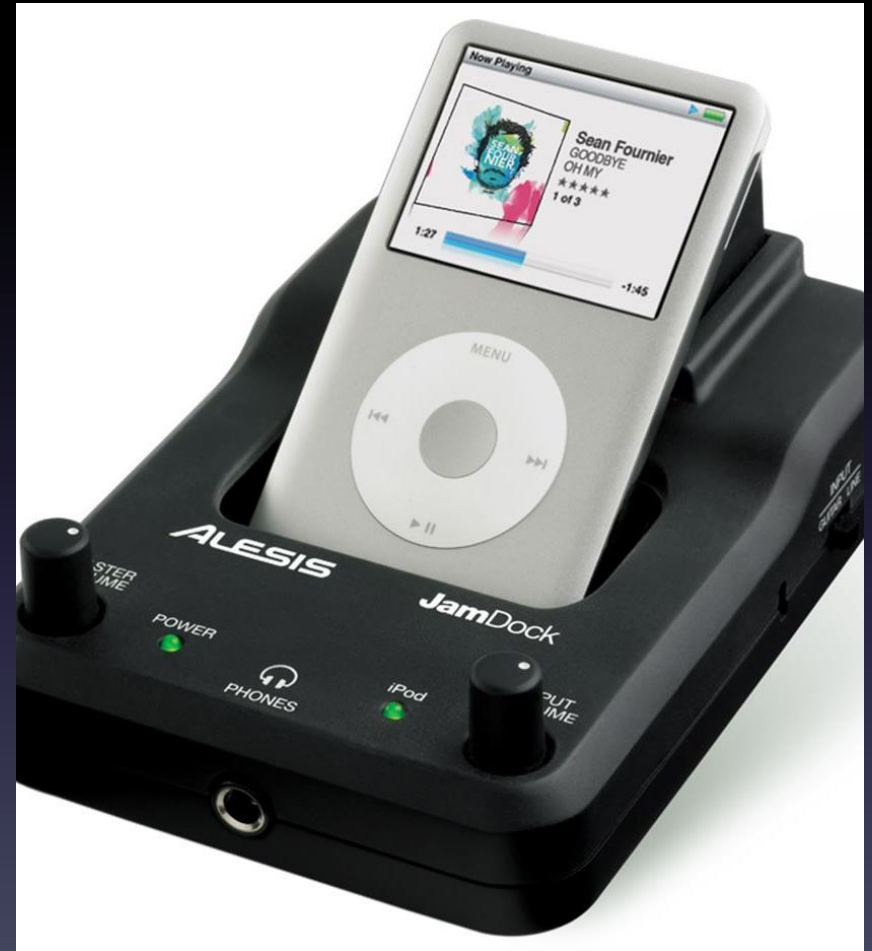


Does your student...

- enjoy music?
- have difficulty following written instructions?
- have problems with reading and/or writing?

Auditory Learning Tips

- Have your student use tapes (E-books) for reading.
- Have informative discussions with your student.
- Test questions and instructions should be read aloud or put on tape.

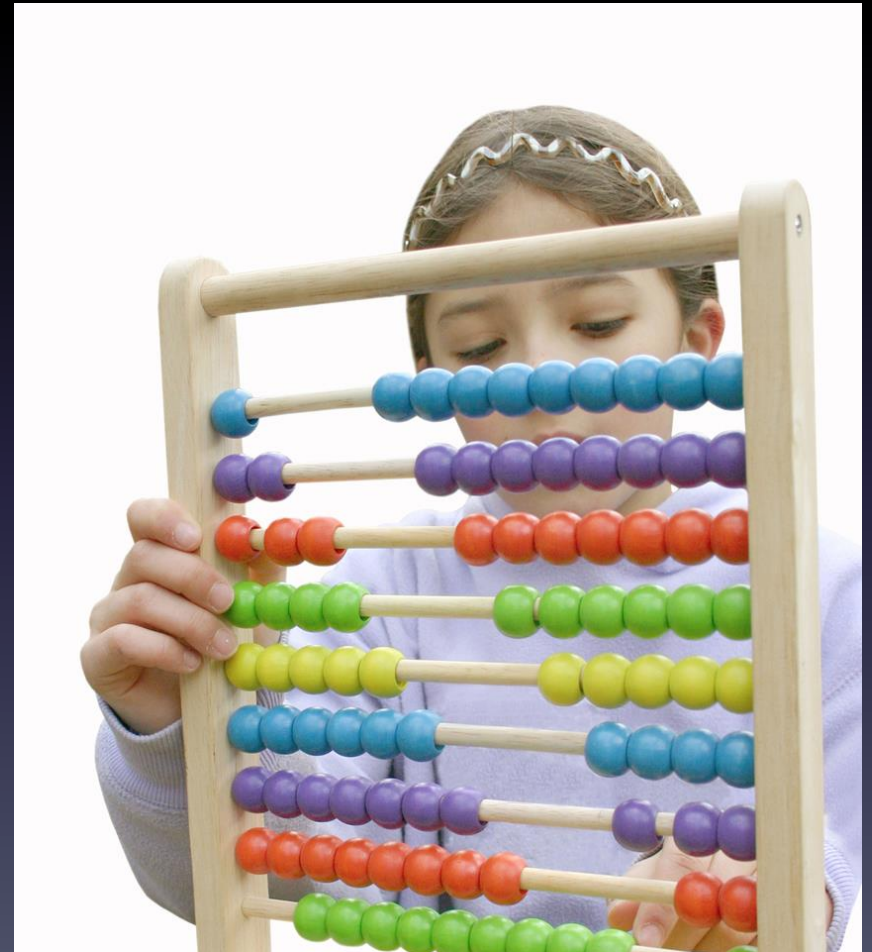




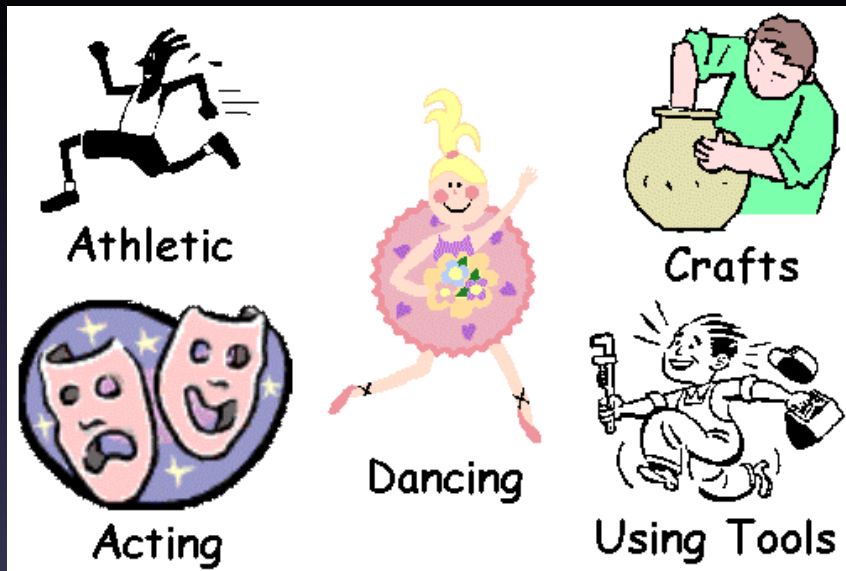
- Subvocalize – your student should talk to themselves about information that they want to remember and recite it.
- Quiz each other on the material.

Understanding Kinesthetic Learners

- Does your student prefer hands-on learning?
- Do they have trouble sitting still?



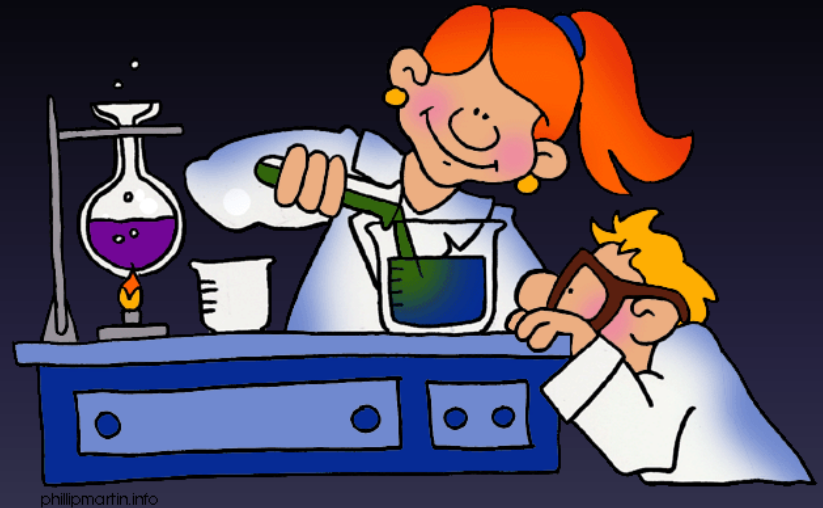
Recognizing Kinesthetic Learners



- Does your student learn better when physical activity is involved?
- Are they well coordinated?

Learning Tips

- Your student may do well with experimental learning (making models, doing lab work, and role playing).
- Make sure your student takes frequent breaks during study periods.





- Use a computer to reinforce learning through sense of touch.
- Have your student memorize or quiz them while taking part in physical activity (walking or exercising).

SQ₄R Method Of Studying For A Test

S – Survey

Q – Questions

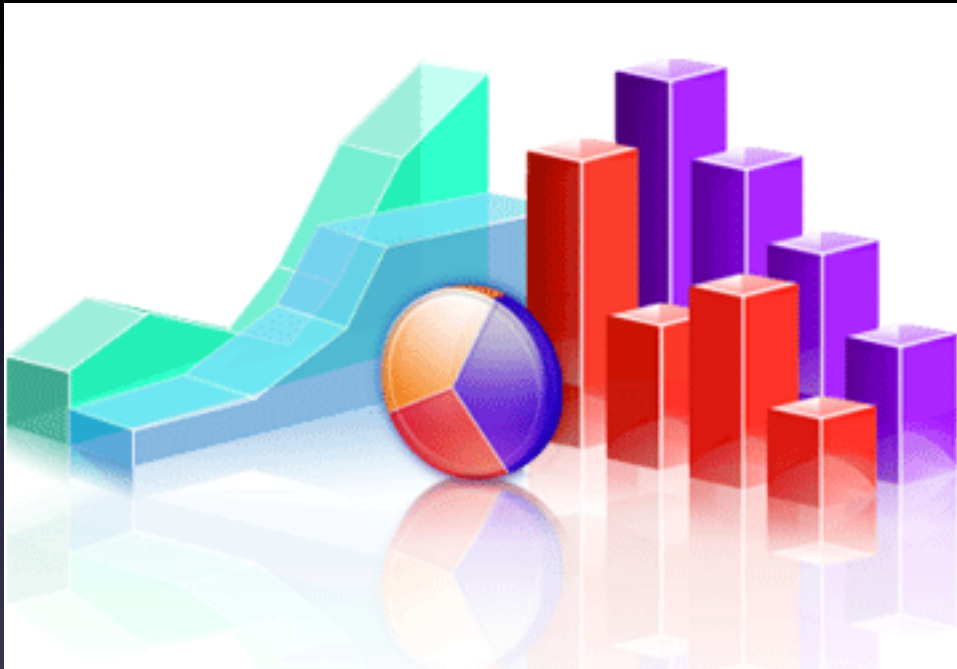
R – Read and Reflect

R – Recite

R – (W)rite

R – Review

Survey



- Survey test pages, lecture notes and handouts.
- Give special attention to bold print items, headings, charts/tables, and key vocabulary and technical terms.

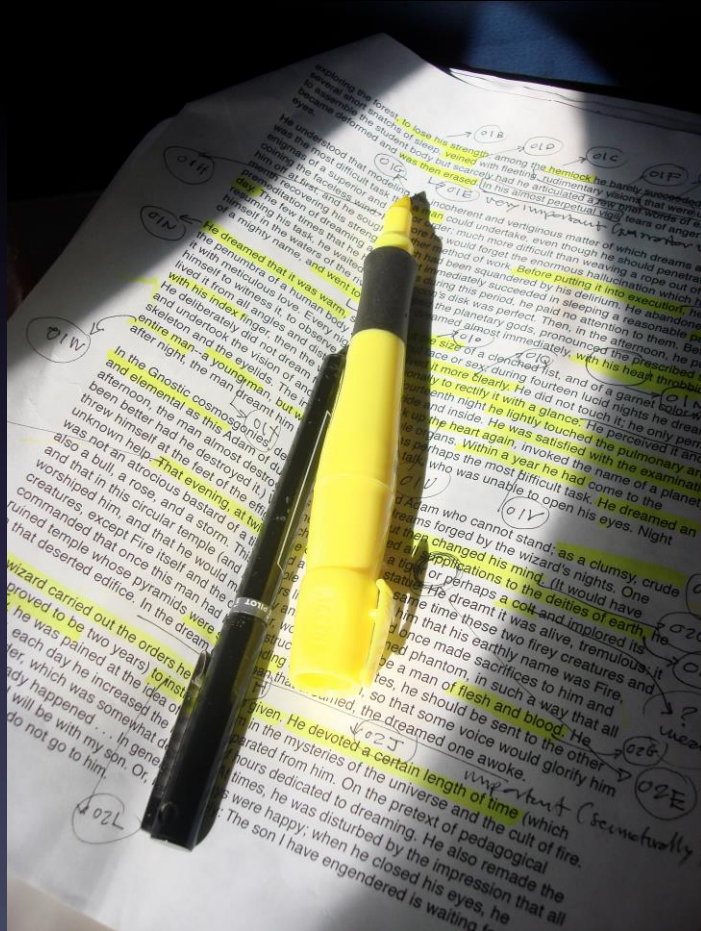
Questions

- Develop a set of questions that might be on the test.
- Always include questions or problems presented in text or presented by the instructor.



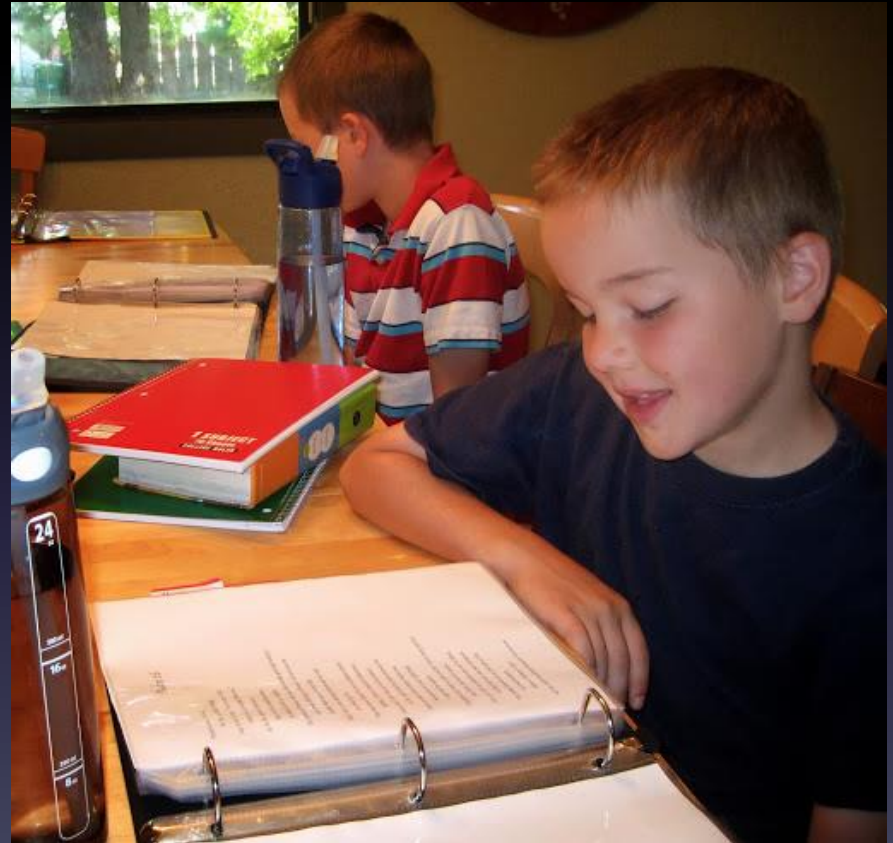
Read and Reflect

- Read text, class notes, and handouts to find answers to questions.
- Reflect by rereading key passages and underlining key information that answer questions.
- Explain the answer to the question.



Recite

- Restate answers to questions.
- Use your own words to describe relationships between information and concepts.



(W)rite



- Write the answers to your questions using information from multiple resources.

Review

- Read answers to questions.
- Add additional information or elaborate.



“Necessary for some, good for all.”



- Quiet area – may be with music (depending on their learning style).
- Minimize distractions (Television, Facebook).

Study Tips

- Limit expectations/demands (chores, visiting family members) until after exams.
- Healthy diet.
- Proper rest.



Study Skills



- Help your student plan out when they are going to study.
- Have a schedule or calendar of dates and times.
- Make sure to include breaks and time to participate in extra-curricular activities.

- Study for 1 subject at a time.
- Motivate them!
- Positive reinforcement!
- Internet is a useful tool if utilized appropriately.





It is important to create victories whenever you can...

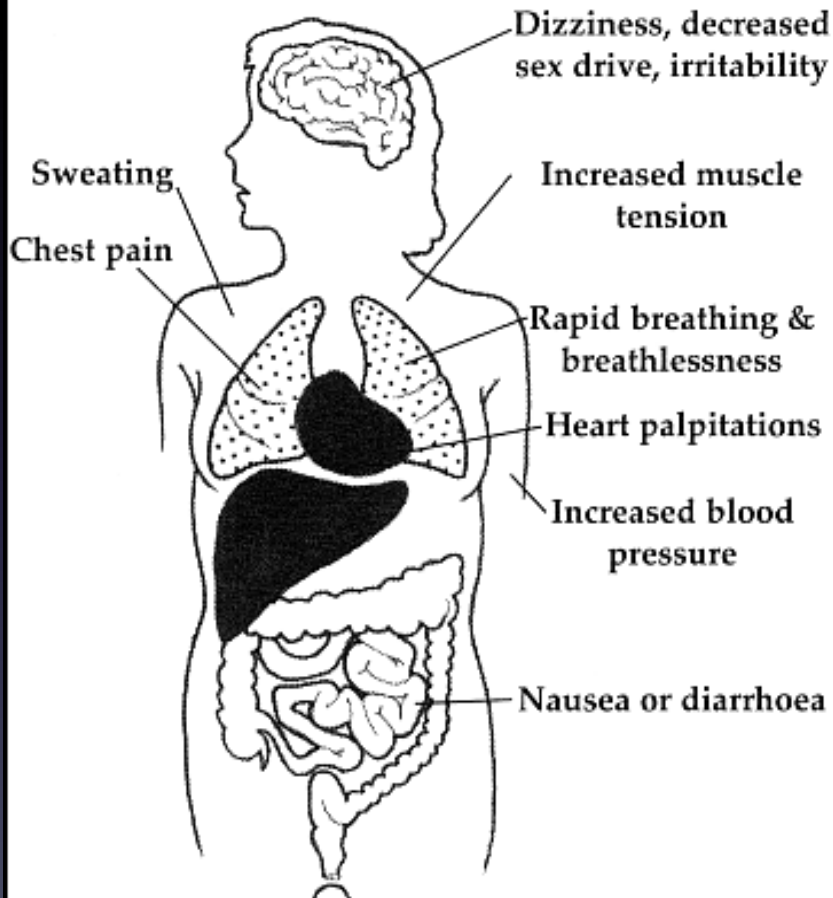
"You want your child to be able to say, "yeah, reading is hard, but I have these other things I do well."

Build up and acknowledge their strengths.
This is what will carry your student through
difficult times.



Anxiety

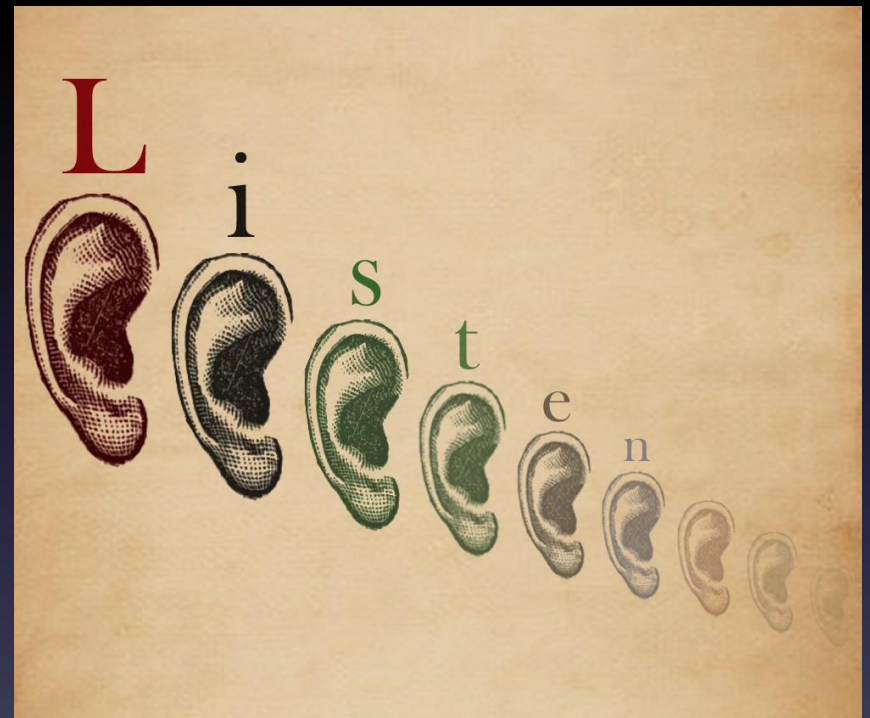
Physical Effects of Anxiety Disorders



- Recognize the signs of anxiety in your student.
- More and more students are experiencing anxiety - especially around exams.

How To Help Your Child Cope

- Listen and keep an open mind.
- Stay in contact with your student's teachers and inform them of changes in behaviour.



Supports



Make sure students are aware of the supports offered throughout the school (Math Support, The Learning Centre – room 201, Student Success, School Social Worker, Special Education and Guidance Department).

Exam Dates – January 2020

Thursday, January 23	Friday, January 24	Monday, January 27	Tuesday, January 28	Wednesday, January 29
Period 1 Exams	Period 2 Exams	Period 3 Exams	Period 4 Exams	Alternate day due to inclement weather.

Things you might need during your exam.

- 1) Water bottle
- 2) Pens/pencils/eraser
- 3) Highlighter – help pinpoint important words or sentences
- 4) Calculator

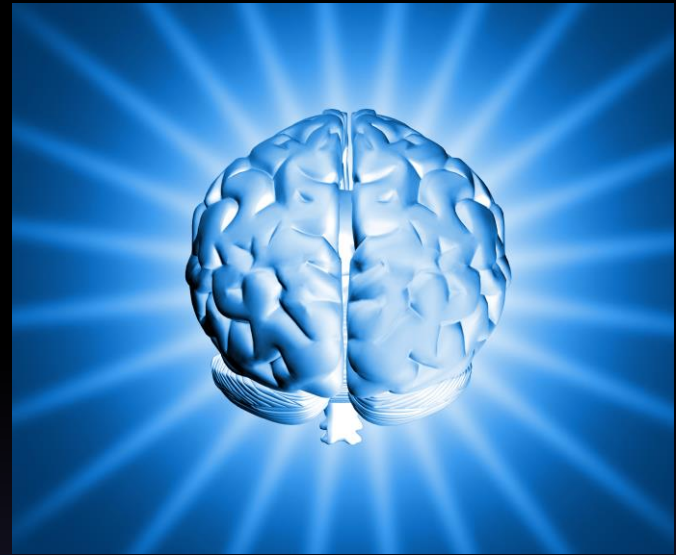
What to expect on Exam Day

EXAM TIME: 9:00 - 11:00. After the exam has finished, you may go HOME or to the LEARNING COMMONS/LIBRARY. The LEARNING COMMONS/LIBRARY will be open until 3:30. The cafeteria is not open during exam week.

Accommodations

- All ELL students and students with an IEP have access to extra time.
- SERTs have already met with students on their caseload and reviewed their accommodations with them.

Keep In Mind



"In many ways, it is easier to be a grown-up than it is to be a adolescent. When you are grown up, you are allowed to practice your specialty and you have more privacy. Children are required to be generalists and their successes and failures are known by many."



**KEEP
CALM
AND
STUDY
ON**