

# **Study Strategies that REALLY Work!**

A Student Services Workshop

Scan  
This  
Resource  
For  
Your  
Areas  
Of  
Need....

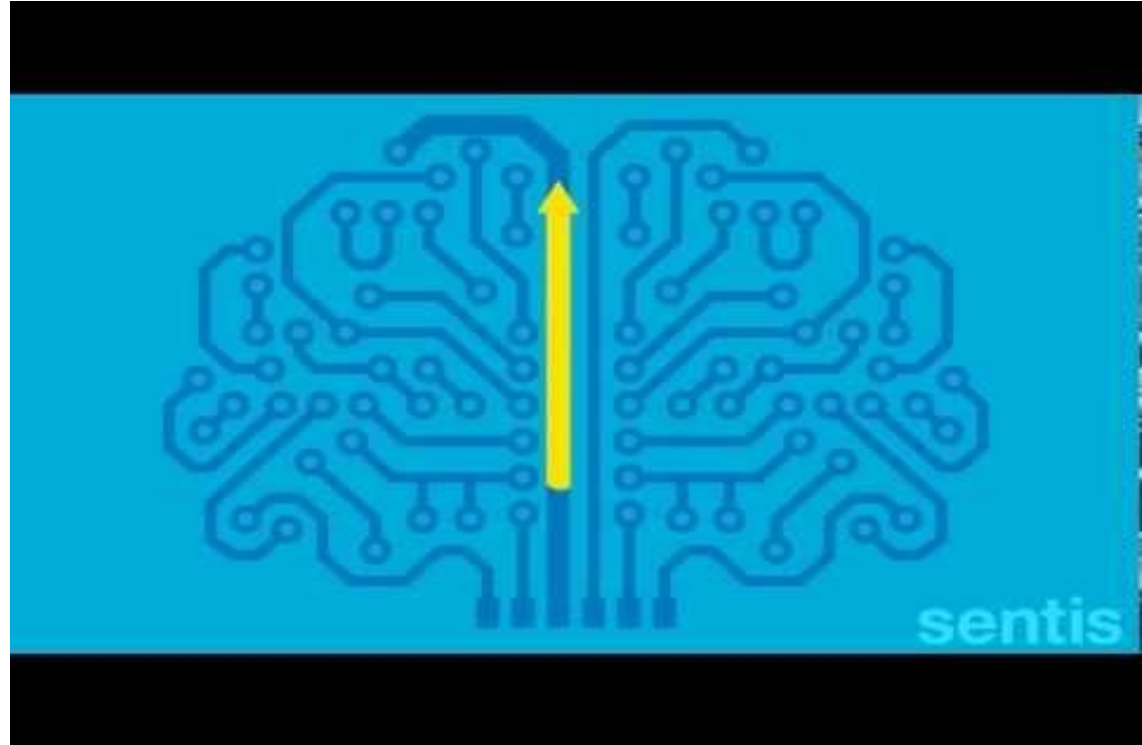
Find the strategies that will best help YOU, and push yourself to try something you have not done before.

Remember...it takes **time** and **repetition** to create a new habit.

# RETRAIN YOUR BRAIN

It's important to realize that some of your struggles are due to having TRAINED your brain in negative ways for soooo many years.

You can RETRAIN your brain, but this will take practice. Keep at it, be patient...but keep at it!!



# The Keys to Effective Studying

- Effective study skills must be practiced in order to improve
- It's not enough to “think about” studying – you actually have to do it and then reflect on what you could be doing better
- **Developing a healthy habit should start early, for greatest success**

# The Value of a Study Schedule

- It will not be possible to allocate your time effectively if you don't have a schedule to keep you focused and realistic about what you need to accomplish
- The time taken to create the schedule is well worth it – it will save you much time that could have been lost to disorganization, stress, and poor planning
- A PLAN reduces stress and increases chance for greater success



# Study Schedule Considerations

## IDEAL Study Planning Considerations

2 weeks to study - have enough days that if you have to alter schedule due to commitments or other school work, you can, or you can make chunks smaller to fit in other subject work

- tests often worth more and have more content than quizzes, therefore longer study time

1-2 weekends to study (typically not Fridays - take as a break if you can)

Ability to **chunk**

Ability to have **repetition**

## IDEAL Study Execution

**First time** - jot notes of each item (handwritten or typed) in that section (**approx 1hr**).

**Second time** - make cue cards for practice (**approx 30-40min per section**).

**Third time** - review the cue cards and make jot notes for the parts not recalling (**approx 20-30 min per section**).

**Additional times** - combination of jot notes, cue cards and speaking out loud with a focus on material not sure of.

**See teacher to review challenging parts throughout study schedule.**

## Best Practice Tips

Math/Science - Do your homework and check answers - go in for help for better results on quizzes/test

Review notes from class lectures (make jot notes) on days when no homework assigned

Get quiz back - go in for help and learn wrong answers for better results on tests

Get test back - go in for help and learn wrong answers for better results on exams



H  
O  
W

## to chunk a schedule

- List all of the components that will be on your test/quiz
- Identify each component as Big, Medium or Small in size
- Identify if they are challenging or simple
- Use THAT information to break them into *even* chunks of 4-6. Break into more chunks if you have more time (ie. 2 weeks notice vs 1 week notice)
- Try to study each section the first time by itself so that you can focus on the content and spend a lot of time making jot notes, and grasping the content - this will make it easier and faster the second time you review that section
- Ensure ability to have repetition, ask your teacher questions, have other homework in there
- Follow the tips in the previous slide and below for how to study each section
- Don't forget to **CHUNK YOUR ASSIGNMENTS!** Include ability to show to your teacher for feedback before the final submission

Physically write out the schedule the moment you are told about a test/quiz!

		DECEMBER		JANUARY		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SAMPLE CHUNKED STUDY SCHEDULE</b>					27 Study Science - 1	28 Study Science - 2,3
29 Study Science - 4	30 -Study Science - 1,2 -Answer Qs 1-3 Fam Stud	1 -Study Science 3,4 -Fam Stud Qs 4-6	2 Study ALL Science Fam Stud Qs 7-9	3 Study ALL Science FAM STUD Qs DUE	4 SCIENCE TEST Study GEO 1	5 Do ALL Geo research COMPLETE Geo Research Organizer Study GEO 1,2
6 Do 1 Annotated Biblio for Geo Study GEO 3,4	7 -Show Teacher Research Org and Biblio for feedback -Make changes to Res Org using feedback	8 -Make changes to Biblio using feedback -complete rest of AB for Geo Study GEO 5	9 GEO Research Org Study GEO 6	10 Study GEO 1,2 Study SCI 1, 2	11 Show GEO AB for feedback Study SCI 3, 4	12 FINISH GEO Research Org Study GEO 3, 4, 5 Study SCI 5, 6, 1
13 Make any changes to GEO AB Study GEO 6,1,2,3 Study SCI 2, 3, 4	14 GEO Anno Biblio DUE Study GEO 4, 5, 6 Study SCI 5, 6	15 GEO RESEARCH ORGANIZER DUE Study ALL GEO Study ALL SCIENCE	16 - GEO TEST  - SCIENCE QUIZ	17	18	19

#### SCIENCE TEST COMPONENTS

- 1- meet your solar system
  - 2- exploring space, sun and other stars
  - 3- galaxies, universe and unsolved mysteries
  - 4- Movements of earth and the moon
  - 4- other objects in the solar system
- (Note: Units 4&5 are small so they are chunked into 1)

#### GEO TEST COMPONENTS

- 1 - Ch 16 - population
- 2 - Ch 17- Aboriginal Population A
- 3 - Ch 17 - Aboriginal Population B
- 4 - Ch 18 - Immigration A
- 5 - Ch 18 - Immigration B
- 6 - Ch 33 - All

#### SCIENCE QUIZ COMPONENTS

- 1- Exploring Static Charges and charging c/i
  - 2 - charges @ work A: Electrostatic painting, Lightning, Electric charge to reduce pollution/ waste
  - 3 - charges @ work B: Van de Graaff Gen., Photocopiers, Print/scanners, Radiation Dosimeters
  - 4 - cells/batteries
  - 5 - electric circuits A: Models and Analogies , Electric circuits, The movement of electrons, and Electrons flow in one direction in a circuit
  - 6 - electric circuits B: Electrical Resistance, Loads, Potential Difference, Potential Diff and Volt
- (Note: Some units are large so they are broken up when chunked to make them manageable).

**Student divides into sections based on size and difficulty**





Life happens!

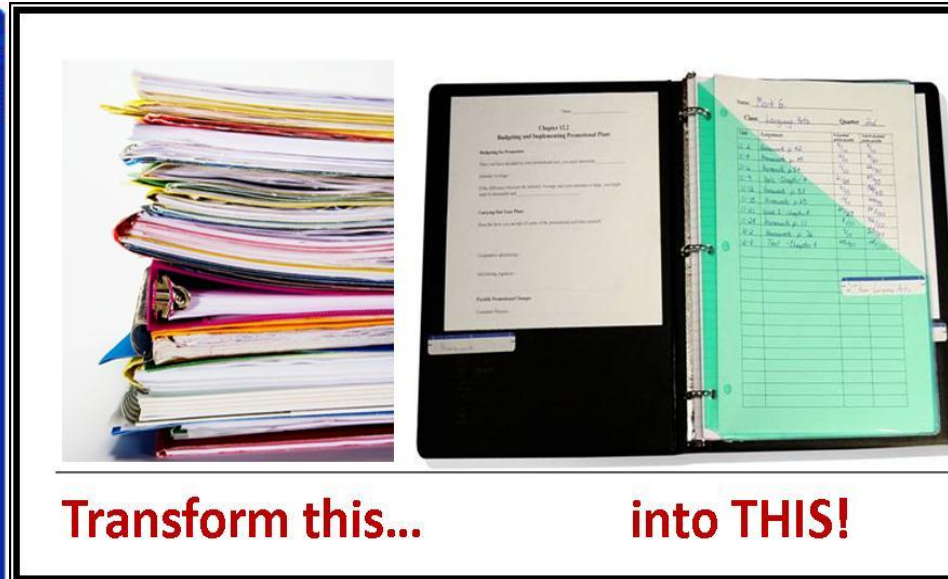
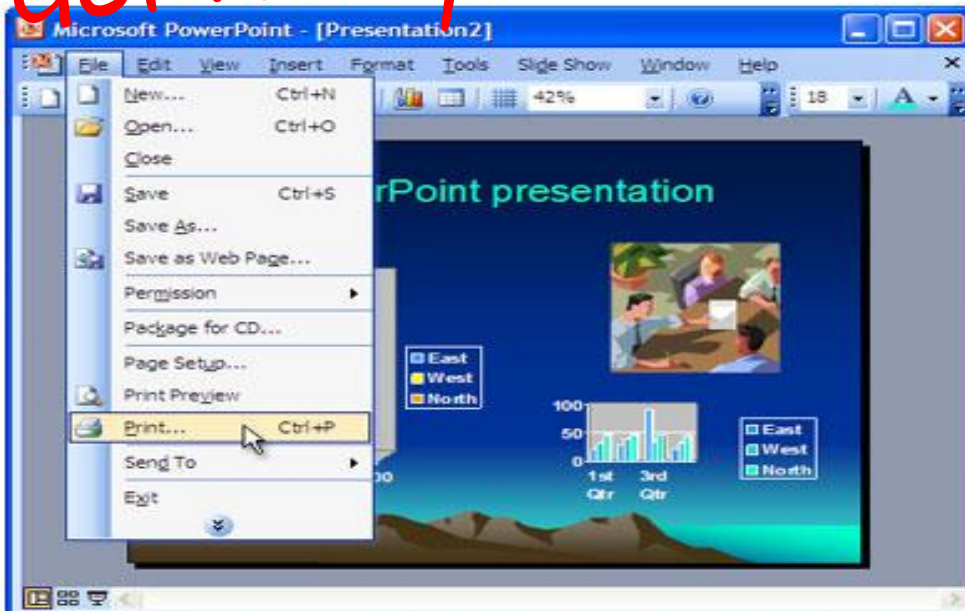
Maybe Grandma came to visit and threw off your plan~

No sweat - Roll with it and adjust where necessary.  
It will work out!

**Time  
with  
peers is  
also  
critical  
for  
success  
!!!**



# Get Ready! Organize your class notes, handouts and shared Powerpoints





## How Tests and Quizzes work!

Going forward....

**After each quiz**, when it is taken up, see your teacher for help on the ones you got wrong....*teachers use similar questions to make tests!*

**After each test**, when it is taken up, see your teacher again on the ones you got wrong...*teachers use similar questions to make exams!*

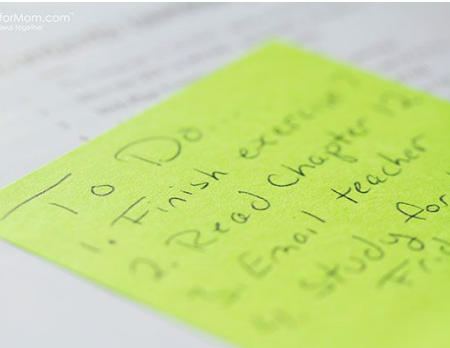
**Keep all Tests/Quizzes!**  
**Organize** them for each subject that you have an exam.

Keep **ALL** tests and quizzes and use them to study.

# General Study Tips...

## Tested and True!

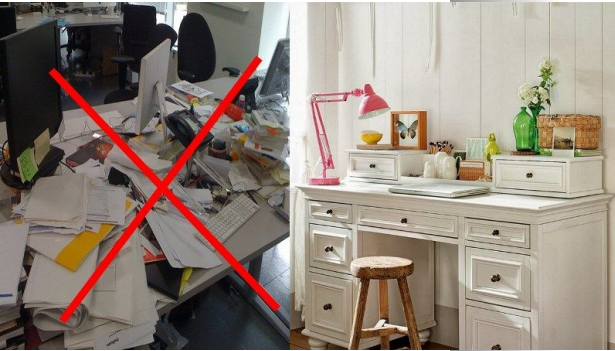
- Begin studying no less than 30-60 minutes after a meal
- Never study within 30 minutes of going to sleep
- Prioritize! Make a list of what you intend to study and prioritize the list
- Study no more than 45-60 minutes at a stretch, and then take breaks
- Take breaks away from your desk and do something different
- Try to continue your daily habits as usual (don't drastically reduce your sleep, eliminate exercise, or overeat)

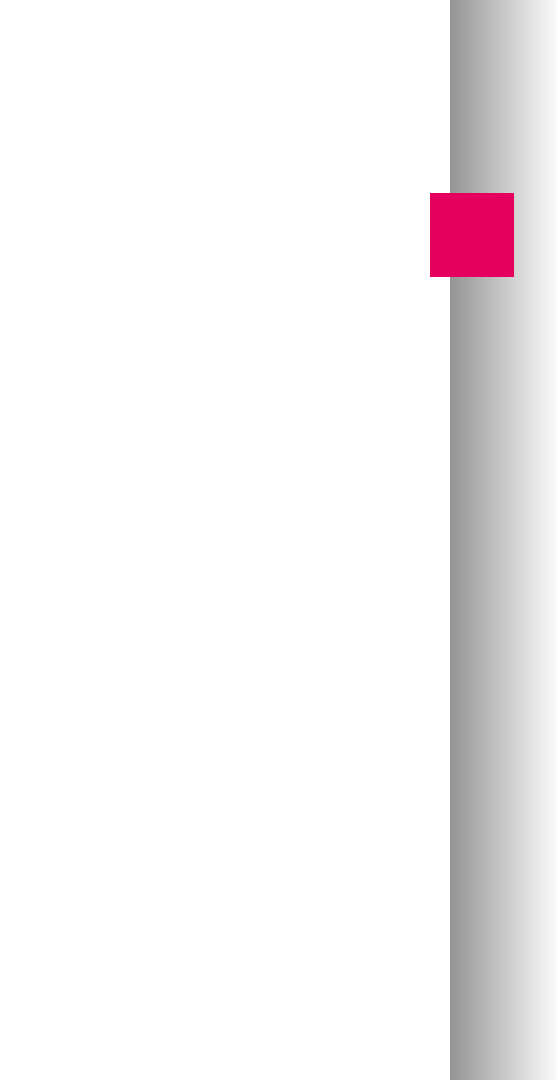


# Creating the Right Environment for Studying

**When deciding where you should do your studying consider the following:**

- Make sure the environment is moderately comfortable (furniture, temperature)
- Work somewhere where you will be free of distractions (phone, TV, MSN etc.)
- Try to use a space that is YOURS only and doesn't have to be shared with other family members
- Keep the study space organized with a specific place for paper, pens, books etc.
- Have everything you need to study with you before you sit down so you don't waste time looking for things





**MAKE TIME**

**FOR**

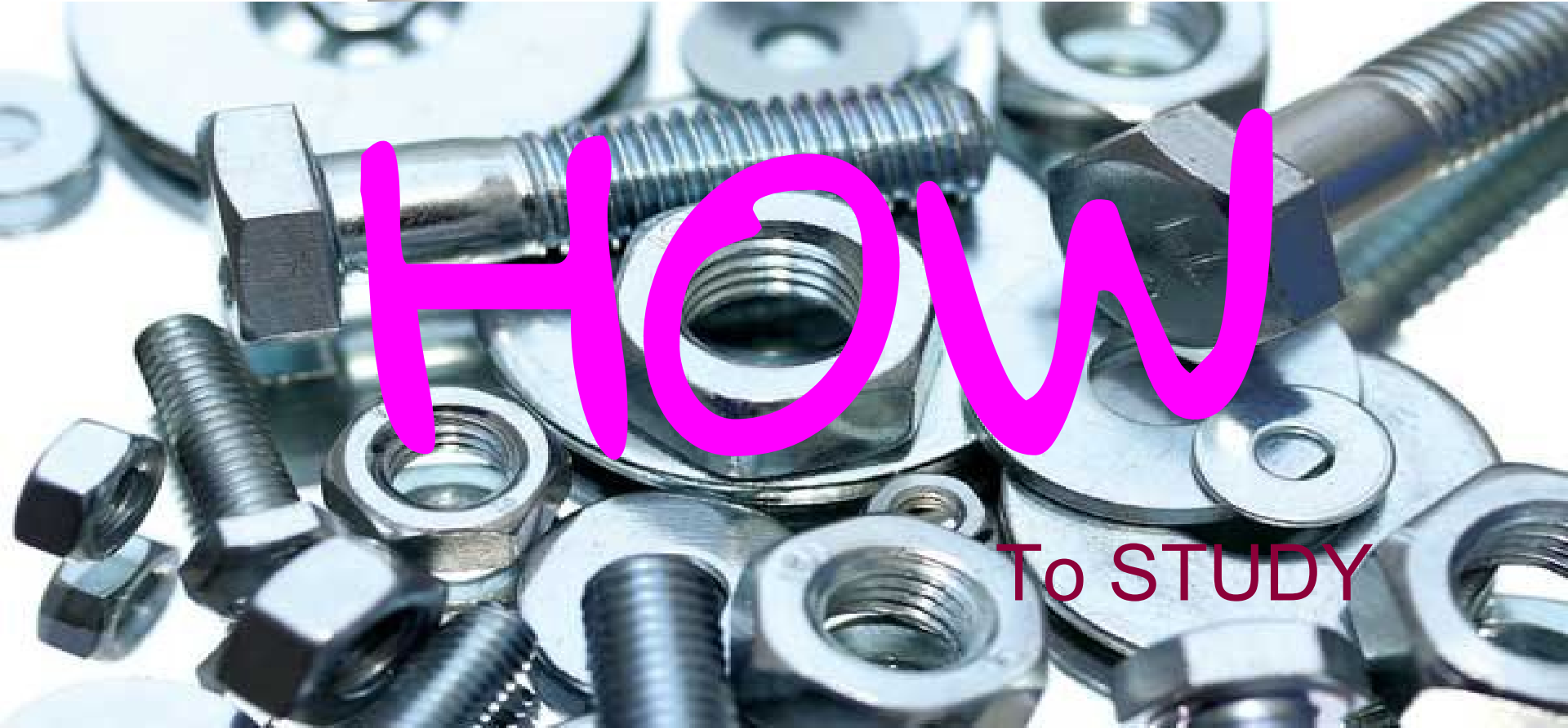
**PHYSICAL**

**ACTIVITY!**

NUTS and BOLTS of

How

To STUDY

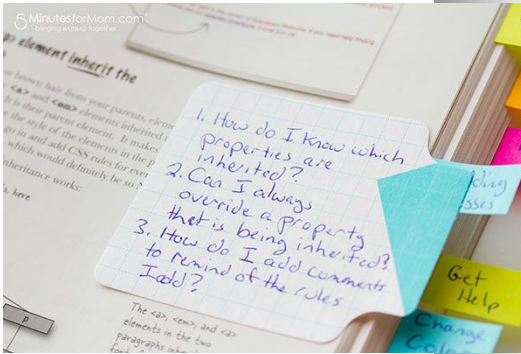




# Proven Study Strategies

## ■ SQ3R

- **Survey** – get the best overall picture of what you're going to study before you do it
- **Question** – ask questions to reinforce your own learning
- **Read** – actively read over (which means **TAKE NOTES WHILE YOU READ**) the material and be alert to main ideas, bolded terms, and key understandings and details
- **Recite** – recalling and then orally and through writing communicating the information – make connections
- **Review** – re-reading, summarizing key points, testing yourself, asking final questions



# Proven Study Strategies

When you 'review' your notes, be sure to **NOT JUST READ.**

Make ***jot notes*** of each item you review (handwritten or typed) *the first time* you review that section.

When you review each section the first time and get stuck or struggle, see your teacher the next day to review that part with you.



# Proven Study Strategies

Unconjugated Bilirubin

- lipid soluble
- small amount in plasma carried on albumin
- not in bile, not filtered by glomeruli (not)

Jaundice - back up of unconjugated bilirubin

- pre-hepatic disorder

Hydrogen Sulfide Production

- Sodium thiosulfate the use ferric ions to visualize Ferric ions
- ↳ Ferric Sulfide, ferric citrate, ferric ammonium sulfate/acetate
- Some tre or SIM not an TSI (why?)
- ↳ Sulfuric fermentation blocks  $H_2S$  production in TSI

The second time you review, make **cue cards** for yourself.

The third time, review the cue cards and make jot notes for the parts you are not recalling.

Additional times benefit from a combination of jot notes, cue cards and speaking out loud with a focus on material you are not sure of. Get someone to quiz you, and teach the material to someone.

Again, see your teacher to review where you struggle.

# Core Subject Specific

The following are study tips that are recommended by the Core Subject Departments. These tips can be applied to similar Elective Subjects

## GEOGRAPHY Study Strategies:

- Go over all Geo Glossary Terms and make sure you understand what EACH term means
- Review main concepts in homework and class notes
- check your understanding with your teacher
- Use quizzes to study for tests
- Focus on the questions you did incorrectly in the initial test
- Practice Test: Create or redo the test by covering the answers
- Look at questions you did wrong during the initial test, as well as ones you got wrong when redoing as a practice test
- Study with a friend and quiz each other
- Redo practice quiz again once more right before the test day
- Gather all previous tests/quizzes and repeat steps for exam



GEOGRAPHY STUDY STRATEGIES

# SCIENCE STUDY STRATEGIES



## SCIENCE Study Strategies:

Form an effective STUDY GROUP, where possible, and a workable schedule to complete the following:

1. Ensure that your notes are complete and in order, and that your assessments/evaluations are all corrected.
2. Compare notes and make a list/highlight important concepts in the unit you are being evaluated on (together or share the work) and make jot notes/sticky notes about concepts that need to be clarified in class/with teacher.
3. Discuss clarifications.
4. Make study notes from class notes and textbook under subheadings/concepts and do practice questions from textbook or assigned by teacher.
5. Repeat steps 2-4 for all units.
6. Review/rewrite your jot notes as many times as possible.

## MATH Study Strategies:

- Read the lesson goals. This tells you the concept that was taught and the type of questions you should be able to do.
- If you can not or do not remember, read over the lesson notes and examples.
- Then redo the example questions and check your solution with the correct answer.
- Practice more questions that cover that goal from review sheets or the textbook to increase confidence.
- Make notes on the mistakes you are making to avoid them later.
- Use your past tests and quizzes to create practice tests. Focus on questions you got wrong.
- Ask for help if you have difficulty with the topic - friends, teacher, extra help at school or your tutor.
- Utilize [www.homeworkhelp.ilc.org](http://www.homeworkhelp.ilc.org)



MATH STUDY STRATEGIES

## Don't forget.....“HOMEWORK HELP” for MATH!!

*Homework Help* is a FREE online math help resource for students in Grades 7-10.

Homework Help provides FREE, live one-on-one tutoring from Ontario teachers.

Homework Help also provides additional resources to support mathematics in the classroom.

### Registering for Homework Help is easy!

Step 1: Visit the website  
([www.homeworkhelp.ilc.org](http://www.homeworkhelp.ilc.org))

Step 2: Students enter their OEN  
(You can find this number on your report card)

Step 3: Students enter their date of birth

Step 4: Create a username and password

Step 5: Log in and get learning!



# ENGLISH STUDY STRATEGIES



## ENGLISH Study Strategies:

- Make a schedule to read over your study questions once per week, to allow for repetition.
- Make jot notes of information as you read, in lieu of just reading.
- Gather and review all quote analyses that were studied and highlighted in class.
- Review all grammar sheets, making note of areas of struggle.
- Understand the definition of and how to find the following in all novels you're reading: *Conflict, character development, plot, theme, setting, atmosphere, etc.*
- Gather previous quizzes and focus on content that you got wrong. Make a new test for yourself with those questions and work through answering them correctly.
- Repeat this step with all quizzes/tests for exam.

# Memorization Strategies

- Some material for your courses will simply require that you memorize the information. This comes easy to some people, but not all. Here are some strategies that you can try:
  - **Acronym:** ie. PMAT for phases of mitosis (**P**rophase, **M**etaphase, **A**naphase, **T**elophase)
  - **Acrostic:** i.e. **P**lease **E**xcuse **M**y **D**ear **A**unt **S**ally stands for the order of operations in math (Parentheses, Exponents, Multiplication, Division, Addition, Subtraction)

# Memorization Strategies continued...

- **Rhyme Keys:** memorize key words that can be associated with numbers, example- bun = one, two = shoe, three = tree etc. Then come up with visuals to remember a list, ie. Cheese on a bun, a cow with shoes on etc.)
- **Method of Loci:** imagining a list of items in a location you are familiar with and the events that are taking place
- **Image-Name Technique:** invent a relationship between the name of something and one of it's physical traits (i.e. curly-haired Shirley Temple)
- **Chaining:** creating a story where each word or idea you have to remember cues the next idea you have to recall – i.e. a story where a character in a Shakespeare play bumps into four other characters as he goes for a walk

# Problems

*with*

*Concentration?*

- At times when you may be trying to study...
  - Your mind may wander from one thing to another
  - Your worries may distract you
  - Outside distractions may take you away from your studies before you know it
  - You may find the material boring, difficult, and/or not interesting

# Concentration Strategies

- **Here are some strategies students can use to focus during study time:**
  - Study in a set place that is naturally free of distractions
  - When your mind wanders, tell yourself, “now is when I must study”
  - Stick to a routine, realistic, and effective study schedule
  - Focus on your goals with the material you are studying, each and every time

## Concentration Strategies continued...

- Change your study topics every 1-2 hours to keep things interesting
- Vary your study activities – don't try and study in the same way for more than an hour or so
- Take regular scheduled breaks and enjoy them! (can even help to set an alarm in another room)
- Give yourself rewards for even small achievements with your studying

# IMPORTANT

!!!!

**REMOVE** your phone  
from your study area


AND

**TURN OFF** your  
messaging,  
Instagram, Snapchat,  
etc. on your computer  
UNTIL your BREAK  
TIME

You **extend** your 'study  
time' SIGNIFICANTLY  
when you try to  
multitask studying and  
social media.



Every time you switch your focus from one thing to another, there's something called the 'switch-cost.' Your brain stumbles a bit, and it requires time to get back to where it was before it was distracted.



Music when doing homework **isn't** an issue for most students - in fact, many like it to drown out other distractions.

**BUT!**

Music *while studying* is also detrimental to try to multitask - 😞 especially when you are memorizing.



# Student Study Strategies that **DON'T** work

- Reading information out loud without writing it down
- Glossing over notes without “proving” you know it (by teaching someone else, by writing it down from memory etc.)
- Highlighting texts or novels

**DON'T TRY THIS AT HOME !**

- Studying with someone else – unless you are equally committed and focused
- Staying up really late or pulling an all-nighter

# TYPES of Tests



# Types of Tests: The Objective Test

- **Here are some helpful tips when writing an Objective Test:**
  - Survey the entire test first to see what kinds of questions are being asked, length etc.
  - Quickly budget for how much time you'll spend on each question
  - Read over each question carefully
  - Answer easy questions first to save time and build confidence
  - Pick out key words in the questions to ensure you don't misunderstand

# The Objective Test continued...

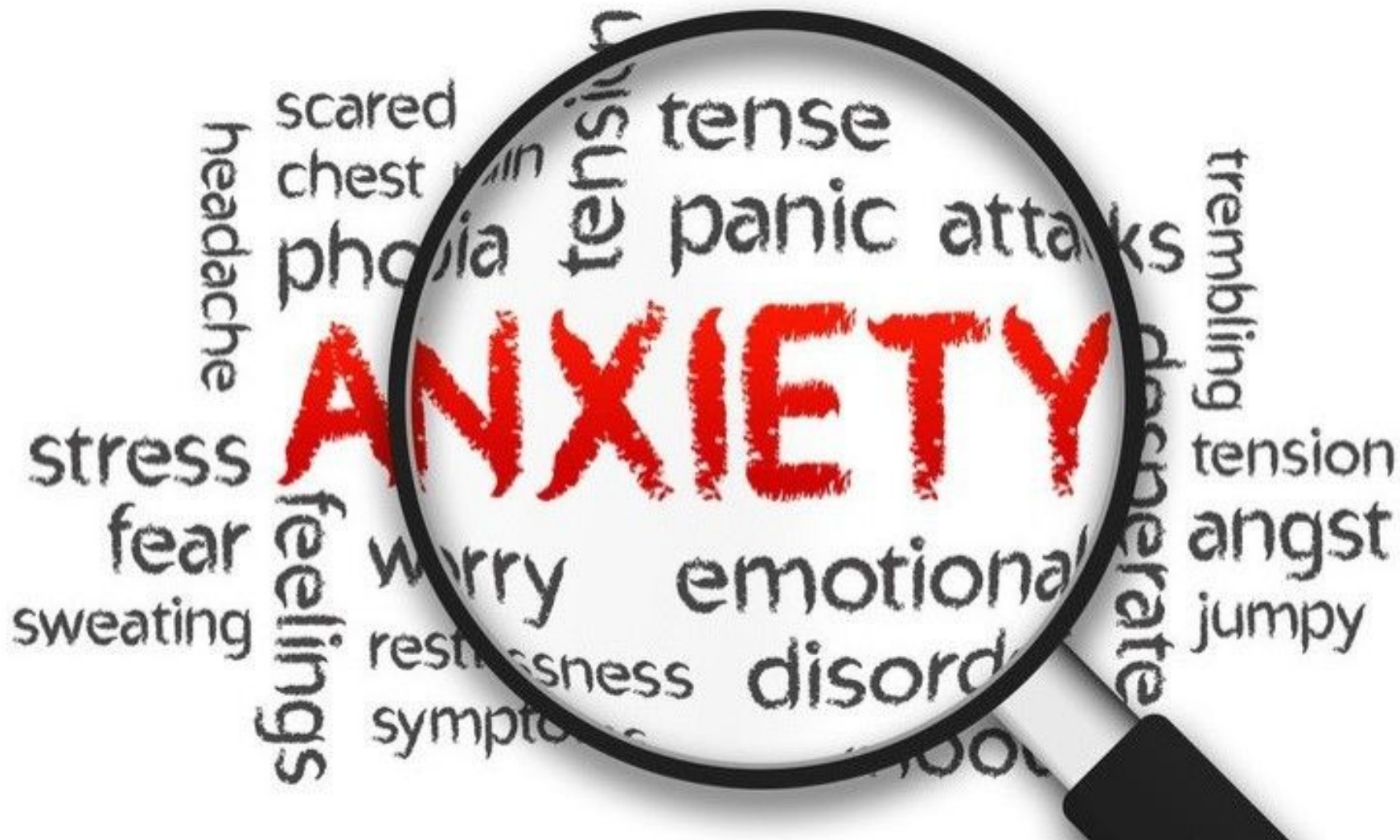
- **Circle** any questions you have difficulty with so you can go back to them at the end of the test
- For multiple choice, cover the answers and try to answer the Q on your own first. THEN see if you find your answer. If unsure, cross out ones you know it is not. Then read each option separately and determine whether each statement is true or false – GUESS IF YOU DON'T KNOW!
- Leave yourself at least 15 minutes at the end of the exam to review your answers and ensure you didn't make any silly mistakes

# Types of Tests: The Essay

- **Here are some helpful tips when writing an Essay Test:**
  - Do any initial preparation the teacher allows for (i.e. novel review, outlining different topics)
  - Read over the entire test first
  - Quickly budget for the amount of time you'll be able to spend on each question
  - Number questions exactly to match the question numbers
  - Outline your answer to the question before you begin writing

# The Essay test continued...

- Pay attention to **key words** that indicate what you are being asked to do (describe, list, etc.)
- Start with an intro and end with a conclusion for each question
- Answer questions directly – don't beat around the bush. Assume the person reading your essay does not know anything about the topic.
- Leave time at the end to check for spelling mistakes, grammar mistakes, clarity of ideas etc.



# Breathing is an underestimated skill.....

.... And  
can be  
life-altering.

Give it a  
shot. You  
have  
nothing to  
lose and so  
much to  
gain.





# Coping with Test Anxiety

- Test anxiety can be viewed in two different ways:
    - Poor coping with the inevitable stress of a test/exam **BEFORE** it takes place
- OR**
- A strong emotional reaction of fear that interferes with thinking clearly **DURING** the test/exam

# Test Anxiety Symptoms

- Students who have test/exam anxiety often report the following symptoms:
  - Memory blocks or “blanking out” on things that you have studied
  - Fear of failing before the exam is even written
  - Physical symptoms such as rapid heart rate, shortness of breath, sweating etc.
  - Lower reading comprehension
  - Poor attention and inability to concentrate
- The key to dealing effectively with test anxiety is to work on what you have control over (how you study, what you study etc.) and not worry about what you can't control (kinds of questions, how other students perform etc.)

## Note:

If your anxiety takes you beyond a healthy level of anxiety (impairs your daily life on a regular basis), discuss this with your parent/guardian. It may be necessary to see your family doctor.



# Tips for Coping with Test Anxiety

## ■ Be Prepared Early

- Set up a **study schedule** as soon as you know of your upcoming test. Having a plan will help! (Be prepared to make modifications to your plan - things happen! **Work with it and expect schedule disruption.**)

## ■ Sleep Well

- Maintaining a regular sleep schedule helps reduce stress and increase performance

## ■ Keep the same caffeine and sugar intake

- Greatly increasing either of these substances can actually impair brain functioning by throwing off your body's metabolism

## ■ Learn relaxed breathing

- When you get stressed, taking some slow, relaxed breaths can help you think clearly again



# Tips for Coping with Test Anxiety continued...

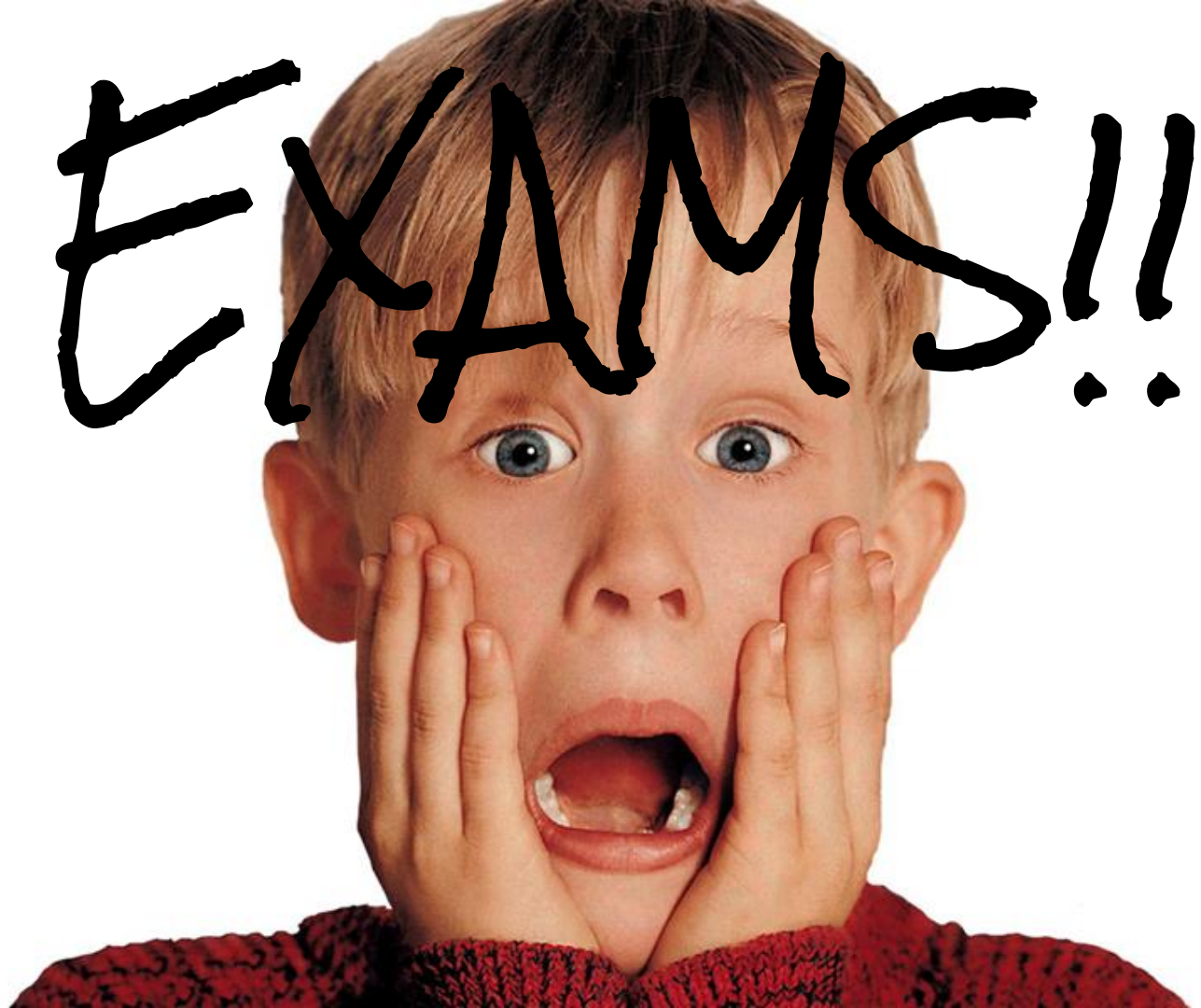
- Stop studying at least 1-2 hours before bedtime the night before
  - Studying right up until the last minute increases your anxiety and will impair your ability to sleep
- Review main themes
  - Go over main ideas or concepts in the material to reinforce that you do understand the “big picture”
- Have a plan before the test
  - As part of your studying, think about how you will approach the test and what you will do when you run into trouble
- Aim to do your best
  - Recognize and **turn off your negative self-dialogue** – focus on the task at hand and simply aim to do your best.

# The Day of The Test...

- Wake up at a reasonable time so you can get ready at a leisurely pace and have breakfast
- Carry your notebook to the test but don't open it – you will have it there if you absolutely need it
- Stay away from other stressed-out students who may get you worried before the exam
- Admit to yourself that you will not know all of the answers on the test...and that's okay!
- Try the “memory dump” strategy
  - Write down everything you can think of on a piece of scrap paper after the test has begun...and then start writing the test

Suggestions specific to.....

EXAMS!!!





# Why Can Studying for Tests and Exams Be Such A Challenging Task?

- It can be overwhelming to study a whole Unit (not to mention 5 months worth of material for exams)
- Sometimes you are exhausted by the end of the semester (re: exams)
- The test/exam can be worth a fairly high percentage of your final mark in the course
- You often have 1-3 other tests/exams that you also need to be studying for...where do you find the time?
- Many of you have not been taught how to study, it is assumed that you know how best to do this, for every individual subject area



# How Do Students Make Exam Studying Even MORE Stressful?

## If you.....

- have disorganized and/or incomplete notes from the course
- have not been asking questions along the way to ensure understanding, or taking advantage of offers for extra help
- don't budget your time wisely or start studying far enough ahead of time
- don't consider ways to make the most of your studying time
- don't recognize the time and effort that will be required to be adequately prepared for the test/exam
- don't adjust other priorities during test/exam time to make the tests/exams your primary focus



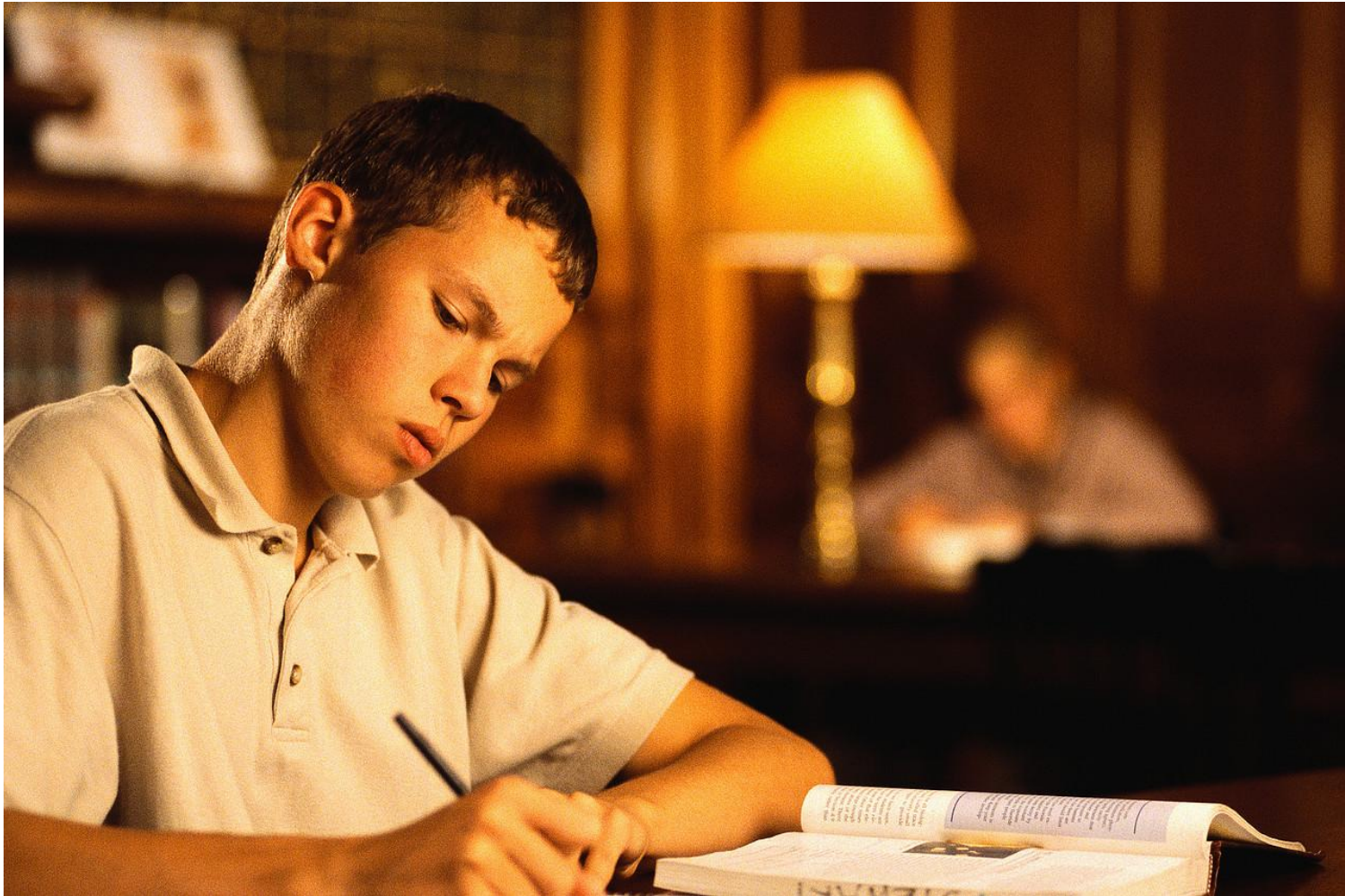


It can feel  
overwhelming, but  
break it down into  
simple steps.....

# Choose an appropriate setting to study

- Set yourself up to avoid distractions (like phone / social media / TV).

- Let others help you stay accountable.



# Plan for it!

Have a **Monthly**, **Weekly** and **NIGHTLY** Plan!



Start studying early - DON'T wait and cram!

# Pace yourself....

Chunk it so you do small amounts often!



Take Breaks!

Ensure Repetition!

Set a **Timer** to keep your Nightly plan on track!

The same study strategies listed for tests/quizzes above, applies to preparing for exams. However the following is a SAMPLE of what your Exam Study Schedule may look like, and should be planned as soon as you receive your exam outline (or before where necessary).

(Note....Sometimes you are given an exam outline when you are still working on new material {ie. your exam is on Unit 1-5 and you are still working on Unit 5 in class}. It can sometimes be too much to start studying for Unit 1 while you are working on Unit 5. In these cases, you chunk your calendar to study for Unit 5 **first**. This way you are preparing for your Unit 5 quiz/test and making exam notes at the same time. If you chunk your calendar correctly, you will repeat Unit 5 again (hopefully more than once) later in your studying.) Additionally, the earlier you start studying, the *smaller* you can chunk the content - this allows you to study and work on Summatives with less stress.

## SCIENCE EXAM

Exam content:

Equally weighted across all four units:

Chemistry - spend more time on this due to struggles in unit - make sure tests/quizzes are corrected

Space - spend more time on this due to struggles in unit - make sure tests/quizzes are corrected

Electricity

Ecology

Study Breakdown:

Break Chem and Space into 3 equal parts each

Break Electricity and Ecology into 2 equal parts each

Section 1 - first third of Chem

Section 2 - second third of Chem

Section 3 - third third of Chem

Section 4 - first third of Space

Section 5 - second third of Space

Section 6 - third third of Space

Section 7 - first half of Electricity

Section 8 - second half of Electricity

Section 9 - first half of Ecology

Section 10 - second half of Ecology

## BUSINESS EXAM

Exam content:

Chapters 1, 2, 3, 5, 7, 8, 9 in equal parts

Multiple choice, true and false, and short answer - very similar to previous tests/quizzes.

Gather notes, past tests/quizzes, as well as Moodle resources and powerpoint notes. Organize all by Chapter.

Multiple Choice strategies:

- Come up with the answer after reading question then look for the correct answer in the choices

--> if you do not find your answer, cover up the answers and try again. Try to approach the question in a different way (ie.: read the question more carefully; think of what unit/topic is being referred to and what was the focus of that section)

- Skip over questions that you don't know. Don't waste time. Circle it so you can go back to it later

- Read the entire question before answering the question

- When still unsure, trust your first instinct and go with the first answer that you thought of

## ENGLISH EXAM

Exam Content:

Novel - TKAM - 31 Chapters - Quote Analysis

Romeo & Juliet - character quotes, theme analysis, 5 Acts (Act 1 - 5 scenes, Act 2 - 5 sc, Act 3 - 5 sc, Act 4 - 5 sc, Act 5 - 3 sc)

Grammar

Myths (read a myth and answer Qs; relate to another myth)

Conflict, Plot Development, Character Development, Theme, Setting, etc. for R&J and TKAM

Essay Structure/Skeleton - to know how to structure the way you write your response

Study Breakdown:

Section 1 - CH 1, 2 Plus Act 1

Section 2 - CH 3-9, Plus Grammar

Section 3 - CH 10, 11 Plus Act 2

Section 4 - CH 12-17, Plus Myths

Section 5 - CH 18-20, Plus Act 3

Section 6 - CH 21-23, Plus Act 4

Section 7 - CH 24-26, Plus Act 5

Section 8 - CH 27-31, Plus Plot/Char./Theme/... Defs and specifics from novels

CHUNK IT!

Study Breakdown:

Divide chapters equally in half - to be studied as

Section 1A and 1B, for example

Section 1 - Ch 1

Section 2 - Ch 2

Section 3 - Ch 3

Section 4 - Ch 4

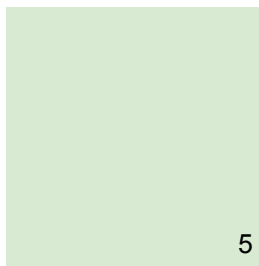
Section 5 - Ch 5

Section 6 - Ch 6

Section 7 - Ch 7

Section 8 - Ch 8

Section 9 - Ch 9



	6	7	8	9	10	11
	SCIENCE, ENGLISH, BUSINESS: Prepare/Organize all notes. Ensure have all Tests/Quizzes.	SCI: Section 1 ENG: Section 1 BUS: Section 1A	SCI: Section 2 ENG: Section 2 BUS: Section 1B	SCI: Section 3 ENG: Section 3 BUS: Section 2A	SCI: Section 4 ENG: Section 4 BUS: Section 2B	SCI: Section 5&6 ENG: Section 5&6 BUS: Section 3 All
5						18
12	13	14	15	16	17	
SCI: Section 7&8 ENG: Section 7 BUS: Section 4 All	SCI: Section 9 ENG: Section 8 BUS: Section 5A	SCI: Section 10 ENG: Section 1 BUS: Section 5B	SCI: Section 1, 2 ENG: Section 2 BUS: Section 6A	SCI: Section 3&4 ENG: Section 3 BUS: Section 6B	SCI: Section 5&6 ENG: Section 4 BUS: Section 7A	SCI: Section 7&8 ENG: Section 5&6 BUS: Section 7B&8 All
19	20	21	22	23	24	
			SCI EXAM		ENG EXAM	
SCI: Section 9&10 ENG: Section 7&8 BUS: Section 9 All	Study All Science BUS: Section 10	Study All Science	Study All English	Study All English	Study All Business	Study All Business
26	27	28	29	30		25
Study All Business	BUS EXAM					

## Sample Calendar for 3 Exams



If you have more  
than one exam this  
can be daunting!!

But take deep  
breaths and pace  
yourself with the  
previous strategies.  
**THIS IS  
MANAGEABLE!**



Soon this will be you....

A meme featuring a man with long brown hair and blue face paint, shouting with his mouth wide open and his right fist raised. He is wearing a dark jacket. The background is a blurred crowd of people. The text "FINISHED MY EXAMS..." is overlaid at the top, and "FREEDOM!!!" is overlaid at the bottom.

**FINISHED MY  
EXAMS...**

**FREEDOM!!!**

# In Summary...

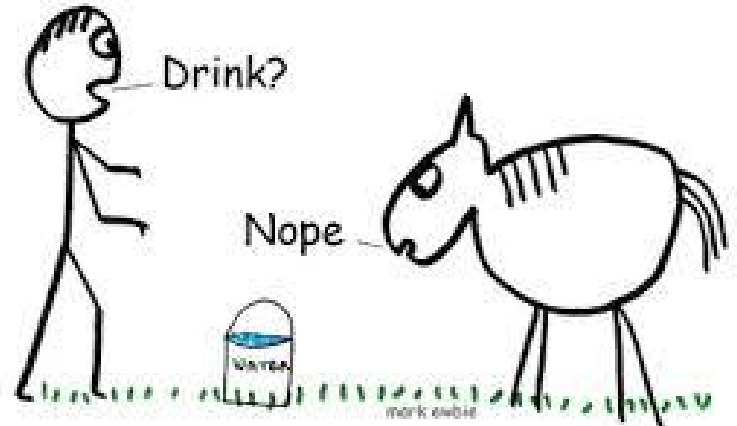
- Studying is an important component of being prepared for your quizzes, tests and exams
- Any sort of studying can be inherently stressful, but there are ways to manage it to reduce the stress
- Your approach to studying will vary depending on the subject matter you're studying (see subject-specific suggestions)
- The keys to effective studying are all about planning – it's a good idea to start that process NOW!
- **The habits you have now will grow with you - positive or negative. Be wise and start positive!**

# Remember....

Study strategies and calendar planning are suggested to help you be as successful as possible.



You can lead a horse to water...



**But it is up to YOU to follow through!**