

STUDY SKILLS

How to Study for Exams and
Improve Your Grades



“Learn the Keys to
Success”



Newmarket High School

Find out exactly what is required for the exam

- Ask your teacher what the exam will cover and what kind of questions may be asked
- Ask your teacher what aids you may use e.g. study sheets, calculators, ruler, pencil...
- Get together with a motivated study group
- Bring textbooks to the exam



Mark your exam dates on the Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
4	5	6	7	8	9	10
11	12	13	14	15	16	17
			Study Skills Workshops			
18	19	20	21	22	23	24
25 Exam Day Period 2	26 Exam Day Period 3	27 Exam Day Period 4	28 Exam Day Period 5	29 Exam Review Day*	30	31
1 PA Day	2 Semester 2 begins	Exams begin at 8:30 am Bring Textbooks to exam *buses cancelled- ALL exams moved to exam review day				

The following suggestions will help you improve your study skills:



SET UP A SCHEDULE:

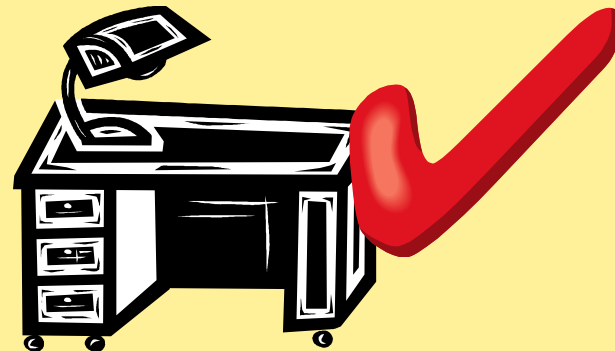
Use a calendar to plan your study time, recreation and social activities. For classes that are harder for you, make sure you give yourself more time to study.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

The following suggestions will help you improve your study skills:

FIND A GOOD LOCATION:

- Make sure the place is comfortable, but not too comfortable.
- You want to try to study in the same type of situation that you will be tested in. This helps with remembering the things you studied for the exam.



The following suggestions will help you improve your study skills:



DETERMINE WHAT YOUR IDEAL STUDY CONDITIONS ARE.

- Make sure you are free from distractions. Only you know what works for you!

USE THE SAME PLACE FOR STUDYING.

- Create a routine. This will help you with your concentration and overall study habits.

The following suggestions will help you improve your study skills:

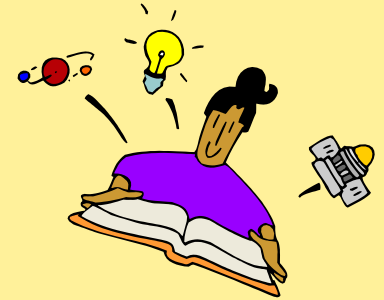
- **TAKE BREAKS.** Study small portions of material, take a break and then study some more. You do not want to get **burned** out!
- **REWARD YOURSELF.** If you have stuck to your study plan; reward yourself! You are more likely to study again and concentrate if you know there is a reward at the end of completing a task.



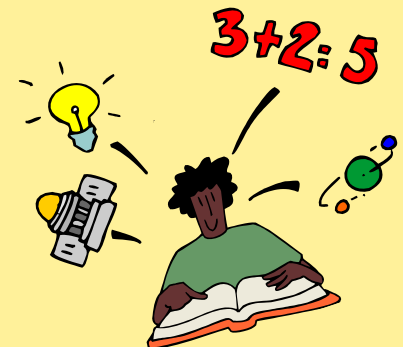
The Most Important Study Tip

NO CRAMMING!!!

Do not wait until the **NIGHT** before an exam to study!



You should be regularly reviewing your notes, but the preparation still takes time.



On Exam Day



- Be well rested and eat a healthy meal before the exam
- Be confident
- Use the bathroom just before the exam
- Arrive at the exam room at least 10 minutes before
- Leave bags/jackets in your locker
- Don't talk to other students before the exam
- Bring the necessary materials



Before you Write the Exam

- Look over the entire exam – ensure you have the correct number of pages
- Read all directions carefully
- Pay attention to the marking scheme
- Schedule your time according to the marking scheme
- If you would like, complete the questions you know the best, first to build confidence!



WRITING THE EXAM

- Use all available time
- Check each question one at a time
- Highlight questions that you need to review
- Proofread your answers
- Make sure that you write your name on the exam paper
- Don't watch other students. A fast finisher may know very little!
- Don't leave any questions blank!



Multiple Choice Questions

- Read the questions carefully and try to determine the answer before you look at the choices.
- If you are unsure, use process of elimination to narrow down the choices then make a logical guess.
- Never leave a question blank; you have a 20-25% chance of getting it right by guessing.
- Try not to change your original answer – in most cases your intuition is correct.




Short Answer Questions

- Read the question carefully!
- Ask yourself, what are they specifically asking?
- Give a specific, concise explanation.
(reference the marking scheme)
- Use examples from your textbook, class or the real world.



Essay Questions

- 
- Read the question carefully!
 - Underline key words in the question.
 - Before you begin writing, jot down all your ideas and organize them into an essay plan. Don't write your essay off the top of your head!
 - Structure your essay: introduction, the body and the conclusion.
 - Try to write as legibly as possible.

Tips to Improve Your Memory



Acronyms:

Acronyms are making a word from the first letter of each word that is to be memorized.

EXAMPLE

H= Huron

O = Ontario

M = Michigan

E = Erie

S = Superior

Tips to Improve Your Memory



- **Rehearse:** Verbally repeat or rehearse the information over and over again until you know it! Take a short break and then test yourself again.
- **Highlighters:** Use highlighters to review your notes. If they are colour coded, underlined or highlighted it may help you to remember based on visual stimulation.



The capital of
Canada is
Ottawa



Exam Anxiety



- A moderate degree of anxiety is common and can actually be helpful to motivate you and keep you focused.
- If your anxiety is so high that you can't concentrate or are feeling panicked, it is time to do something about it. Talk to your parents, your teachers or a guidance counsellor
- Lastly remember to **Breathe**....and remain positive

GOOD LUCK!



**It's not luck but hard work
that leads to success!**

**Just keep up the effort and see
your marks fly high!**

