

How to Study

1. What kind of learner are you? (most people favor at least two of these learning styles)

a. **Visual** (learn by seeing)

- i. You will learn best by drawing pictures/diagrams, making charts, and color-coding. You remember things you watched. Giving speeches will probably always be difficult, but not impossible!
- ii. Visual learners should:
 - Copy anything your teachers write on the board
 - Watch educational videos (with parental involvement)
 - Highlight your notes (the more color the better!)
 - Use flashcards
 - Replace words with pictures (ie: draw a bird instead of writing "bird")

b. **Kinesthetic** (learn by hands-on)

- i. You will learn best when your body is moving in some way (this is why you have a hard time sitting still and you enjoy playing sports). You remember things that you have actually done by yourself and you probably struggle with handwriting and spelling.
- ii. Kinesthetic learners should:
 - Use flashcards
 - Move while studying
 - Use plenty of examples when learning a new subject

c. **Auditory** (learn by hearing)

- i. You will learn best hearing someone read/explain a new concept to you. You remember things you have heard (especially music, lyrics, past conversations). You may struggle with reading and maps/charts.
- ii. Auditory learners should:
 - Ask questions, ask questions, ask questions!!!!
 - Take notes using speech-to-text technology
 - Watch educational videos (with parental involvement)
 - Repeat new information out loud
 - Avoid noisy places while studying

2. **Learn to manage your time.** Develop a study plan that works for you! (do your difficult homework first, save your favorite homework for last)
3. **Study in a distraction-free place.**
4. **If you don't know the answer, ask for help!** But, do NOT expect others to do your work for you.
5. **Try these helpful study tips.** Find which of these work for you and stick with it!
 - Review a small amount right before you go to bed. During sleep, your brain strengthens new memories (this is why you often dream about whatever you were thinking about before going to sleep).
 - "Spaced repetition": break up the information and study small sections over a few weeks.
 - Tell a story using new information you're trying to learn (ie: tell a crazy, made-up story about when Columbus tripped over a pile of coconuts and fell into the ocean when he discovered the West Indies)
 - Move while you memorize! (your brain will associate information with your movement and you will be more likely to remember)
 - Have a parent/friend give you "pop" quizzes at home
 - Talk out loud while you study. Your brain will actually store the information twice (reading and hearing) and you're more likely to remember!
 - Color-code your notes (names=pink, dates=purple, places=green, etc)
 - Set rewards for yourself (study for 30 minutes then take a 5 minute break)
 - Study with a friend