



Start now. Anything you're doing can be improved. Get ahead of the game. Whether you're a soccer player, thespian, or member of the marching band, you practice to improve your skills. Learning new stuff has the same feel.

**Pick one or two study habits, refine and perfect them now.** College-level work is fast-paced, it's more, it's overwhelming...most importantly, and it's manageable with a few easy updates to your current study skills.

**Learn how to read for learning rather than memorizing.** Start with the intro and the summary. These are the main points, as indicated by their repetition. As you read through the chapter, pay close attention to those main ideas.

**Set and stick to a schedule.** Learning new material needs constant practice. Space your learning practice over time, like Math for one hour each day or History for one hour every Monday, Wednesday, and Friday. Write it out in a weekly schedule.

Guess what...what you don't know, you don't know. Get comfortable with that and **start testing yourself regularly.** It might seem like a waste of time now, but you'll feel great when you're working' those tests over! Find the gaps in your knowledge and focus your study energy there.

**Take quality, simplified notes.** Listen for hot phrases screaming "Hey! I'm going to be on the test!":

- ▶ "There are three ways..."
- ▶ "Most important..."
- ▶ "The key concept is..."

Have you ever wondered why you remember all the words to preschool songs but you can't remember what you had for dinner last night? Think of all the kids' songs you know...do they have movement or sounds associated with them? Most do because **songs help us learn, rather than memorize, the words.**

**Take your new info and do something with it...**map it out, make a chart, teach someone else, color code it...do something different to LEARN your new knowledge.

Oh, and finally... **ASK FOR HELP.**



## LEARNING TECHNIQUES

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### LESSON 9-2 HANDOUT

#### JOURNAL PAGE

DATE: \_\_\_\_\_

Lesson 9-2 | *Study Like Your Hair is on Fire*

**Q1:** Which two of the seven tips mentioned could I benefit from the most?

**Q2:** How and for what class can I use one of these strategies this week?

**Answers:**