

How to Get Good Grades

Forget traditional study. After failing a test, students often complain, "but I studied for 3 hours last night!" What they really did was stay up too late staring at a few weeks of notes trying to remember what they were about. Last-minute, PASSIVE review is next to useless and leads to failure or at best just slipping by. Timely, regular, ACTIVE experience is how we learn, how we remember and how we get good grades. Here is how:

A. Handling lecture notes

- ✓ Edit TODAY!
 - Neat and complete
 - Review read
 - Underline key points
 - Write notes in margins
 - Clarify unclear points
- ✓ Rewrite in own words TODAY!

B. Homework assignments

- ✓ Do immediately.
- ✓ Use all class time available.
- ✓ Work with (don't rely on) a friend.
- ✓ Write daily assignments in a planner.
- ✓ Where you do homework matters:
 - Same place every day: quiet, clean, orderly & well-lit
 - No distractions: eliminate TV, phone, music, view, etc.
 - Have a small snack: high protein, low carb.
- ✓ Take short breaks & exercise.
- ✓ Make and attain a series of small goals.
- ✓ Use teacher feedback on assignments, don't just toss them.

C. Reading text books

- ✓ Survey- Look over heading & topics.
- ✓ Question- Write who, what, where, why, how about heading/topics.
- ✓ Read- Get answers to your questions.
 - Write a note about the important point in each paragraph.
- ✓ Recall- Stop every 5-10 min and recall your reading. Write it down.
- ✓ Review- Did you answer your questions? Reread notes.
 - Do you have questions for your teacher? Write them and ask.

D. Studying for tests & quizzes

- ✓ ACTIVELY!
 - We remember action, so put action into study; it makes it relevant.
 - How? Write, Recite, Discuss, Outline, Draw, Rhyme, Chart, Graph, Practice, Create & Answer questions, Teach...do something actively.
 - (notice how these are all verbs? —Action words)
 - Practice like you'll have to play. Try making your own test questions.
- ✓ EVERY DAY!
 - Schedule a time and stick to it.
 - 15-30 minutes a day, EVERY DAY until the test/quiz.
 - Study as if it were an assignment.
 - Do it whether you have homework or not.

Multi-task: study while/in/on bus, bathroom, walking, waiting, etc. You can easily double your study time.

E. Test time (Disclaimer: these ONLY work if you've done A – D above)

- ✓ Don't cram. Go to bed on time the night before.
- ✓ Relax. Take some deep breaths.
- ✓ You're prepared. You'll do well. Keep reminding yourself.
- ✓ Skim over the entire test first (looking for priorities & clues).
- ✓ Do easy questions first. Mark hard ones for last.
- ✓ Essays/Short answer: Make it legible and concise.
- ✓ Mult. choice: Eliminate wrong answers first. Narrow it down. Increase your odds.
- ✓ T/F: Remember, if it is mostly true and only a little false, it is F.
Watch out for *none, never, any, all, always, sometimes, etc.*
- ✓ Don't leave anything blank. Guess if you have to.
- ✓ Starting to worry? Don't go to pieces because you don't know some answers.
Everyone will miss some. Close your eyes, relax, breathe, start again.

BRAIN RESEARCH TELLS US THAT

AFTER ONE MONTH WE REMEMBER.....

14% OF WHAT WE HEAR.

22% OF WHAT WE SEE.

30% OF WHAT WE WATCH OTHERS DO.

42% OF WHAT WE SEE AND DO REPEATEDLY IN CLASS.

72% OF WHAT WE MAKE MEANINGFUL TO US BY LINKING TO WHAT WE ALREADY KNOW.

83% OF REAL ACTION WE DO THAT APPLIES NEW INFO.

91% OF WHAT WE TEACH OTHERS.

SO, HOW SHOULD STUDENTS STUDY?