

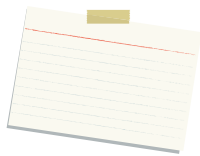
A Parent's Guide to Effective Study Habits

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Does your child “cram for an exam” making him/her anxious? Effective study habits can eliminate last minute stress. These skills are essential for students who want to reach their full potential in high school. Pragmatic study skills enable students to become more successful in their academic, vocational and personal careers. Consistent practice, genuine effort and sound application of evidence based study skill strategies, help students to become more independent, confident and lifelong learners.

Topic 2: Study Skills Strategies



Flash Cards:

Flashcards are utilized to practice vocabulary, terms, questions and formulas. One side should state the word and the other side should be used for the definition or other information to be memorized. Flashcards enable students to make meaningful connections and help process information for independent studying. Flash cards can be used by the students during any available free time they may have; repetition is the key. The more frequently these flashcards are reviewed the more effective they will become.

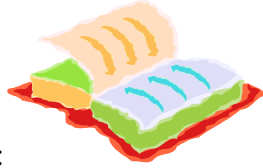
HELPFUL TIP # 1: Flash cards should be saved for future use for quarterly, midterm, final and Regents exams.

Mnemonic Devices:

Researchers have found that one of the most successful and efficient ways to memorize information for a test is the use of mnemonics. Mnemonics are devices usually in the form of rhythms, songs, formulas, associations and acronyms that are used to assist with memorization tasks. For example, to remember the names of the Great Lakes, students will use the first letter of each lake to spell the word HOMES, which stands for Huron, Ontario, Michigan, Erie, and Superior. If the student visualizes summer homes on a lake, this association will have been shown to even become stronger

Huron
Ontario
Michigan
Erie
Superior

HELPFUL TIP # 2: Have your child create comical mnemonic devices that will make learning factual information fun.



Textbook Review:

Textbooks provide a foundation of facts and viewpoints to help sequence information. Marking the textbook is a critical tool to help increase a student's recall of information.

- Highlighting important ideas and concepts
- Underlining main points
- Paraphrasing information on post it notes next to the margins
- Circling important vocabulary words
- Create diagrams and webs

This tool helps to condense large amounts of information and enables students to quickly and efficiently locate and recognize main ideas needed for studying.

HELPFUL TIP # 3: Re-writing class notes is very time consuming but one of the most effective ways of studying.



Use of Study Guides and Review Sheets:

Study guides and review sheets are resources that help facilitate learning. They foster comprehension of material and focus on pertinent material to study. Student and/or teacher generated study guides can be a great asset in student test preparation. These will condense and simplify materials presented in class.

HELPFUL TIP # 4: Check your child's Blackboard account as many teachers post review sheets before an exam.



Practice Tests:

Create practice tests comprised of fill-in the blanks, short answers, multiple choice and true and false questions that model classroom tests. The following website <http://www.nysedregents.org> will allow your child to practice Regents type questions which will familiarize them with the actual format of the Regents examination including terminology and vocabulary. Another site, <http://www.regentsprep.org> actually breaks down the concepts by topic. Very helpful!

HELPFUL TIP # 5 Most teachers used similar questions on their unit tests from the above website.

This month's strategy devoted to study skills is an essential tool for high school students to succeed in becoming independent, efficient, and motivated learners. Frequent use of these strategies is essential for them to become an integral part of your child's study habits. Test anxiety will be alleviated resulting in success and confidence. The mastering of these study skills will ultimately allow parents to hear those magic words "Mom, Dad, I aced that test!"

Resources:

Davis, L. and & Sirotowitz, S. (1996). *Study Strategies Made Easy: A Practical Plan for School Success*. Florida: Specialty Press Inc.

Dodge, J. (1995). *The Study Skills Handbook*. New York: Scholastic Inc.