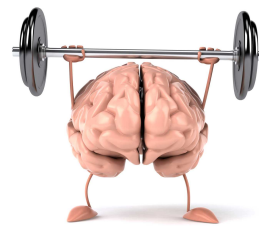
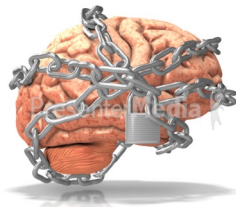


Some **Tips** and **Habits** that will help you be successful in school

Have a **Growth Mindset** (Positive Attitude)

People with a growth mindset **believe** that they **can** learn, change, and develop needed skills. When you have a growth mindset, you are better equipped to handle inevitable setbacks, and know that hard work can help them accomplish your goals.

Fixed Mindset	Growth Mindset
Don't Say	Do Say
I'm so stupid.	What am I missing?
I'm awesome at this.	I seem to be on the right track.
I'm not good at math (or any other subject).	I'm going to train my brain in math (or other subject).
This is too hard.	This is going to take some time and effort.
I'm jealous - she's so smart!	I'm going to figure out how she is doing it.
I give up!	I'll use some of the strategies I've learned.
I made a mistake.	Mistakes help me improve.
It's good enough.	Is this really my best work?



Some **Tips** and **Habits** that will help you be successful in school: Continued...

Be Prepared



Make sure that you bring all required materials for participating in class. Being prepared will help you focus on the lesson instead of missing out.

Complete ALL of your Assignments

Do your best to finish all of your assignments. Even if you know the material well, the practice will reinforce your knowledge and it will be less likely that you will forget later on. If you find the assignment very hard, work through it as far as you can so that your teacher can see exactly where you are having difficulty (remember your growth mindset!)



Some **Tips** and **Habits** that will help you be successful in school: Continued...

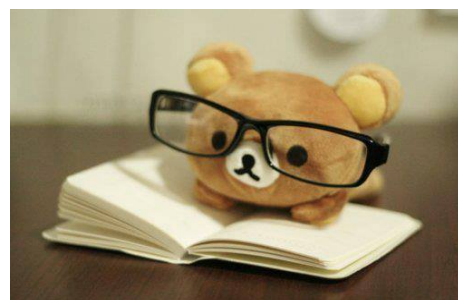


Set small Goals when learning new concepts

For example, in LA, when learning the parts of speech, do not try to learn everything in one night. Work on only one part or section during each study session. When you have memorized and can apply one part of speech, then move on to another one, continue this process until you have memorized and can apply all the parts of speech.

Review your classroom work regularly at home

Take some time each day to review what you have learned in class. You can do this by: completing your homework, practice a problem or answer an extra question or two, read through any notes you were given during class.



Some **Tips** and **Habits** that will help you be successful in school: Continued...

Ask your Teacher or a Peer for help

Your teacher will help you if you do not understand something, or if you are having a difficult time completing your assignments. You can ask your teacher for help: in the morning before school starts, during class, during STS, at lunch recess, or after school (when you make an appointment.) Also consider asking a friend or classmate who understands the material, they may be able to explain the concept in a way that makes more sense to you.



Some **Tips** and **Habits** that will help you be successful in school: Continued...



Have Balance in your life

Concentrating in school is hard work. It is important to have time to relax and socialize with your friends. It is also important for you to be active and move around. Having balance in your life will help you to keep a **growth mindset** about your school work.

Eat healthy meals

A balanced diet keeps you healthy and gives you the energy that you need for studying at school and at home. (DON'T forget to eat BREAKFAST)



Know Your Learning Style.

We all learn differently. The way we learn new concepts is called your learning style. By understanding how you learn best will increase your success at school. Most of us **use a combination** of learning styles.

There are three main ways people learn. Look at the descriptions on the following pages and identify the learning style you use the most and are most comfortable with. Once you know your learning style, make sure you use strategies that will help you learn the material presented in class the best.



Linguistic Auditory Learner

This type of learner learns best by saying, hearing, and seeing words. If you are mainly a linguistic learner you are probably good at memorizing information like dates, places, names and facts. **Writing things down** like; steps in a process, a formula, or the actions that lead up to a significant event, and **repeating them out loud** help you learn the material in class. Using **flash cards** may be useful to you when studying.



Learning Styles continued...

Visual Spatial Learner

You may learn best by looking and working with pictures. You are probably really good at puzzles, imagining things, and reading maps, charts and graphs. You may need to use strategies like mind mapping and webbing to organize your information and study notes.



Learning Styles continued...

Kinaesthetic Learner

You may learn best by touching, moving, and figuring things out by using manipulative's. If this is your learning style, you are probably really good at physical activities and learning through movement. You may need to **draw your finger over a diagram** to remember it, "**tap out**" the steps needed to solve a problem, or "**feel**" yourself writing or typing a formula.





Test Anxiety

Many students, who know the material taught in class shout down and perform poorly on exams. This poor performance is often caused by test anxiety.

A little anxiety can be an advantage: **it can focus energy and sharpen thinking.**

However, too much anxiety can be counter-productive. The best defense is to be prepared. Most students will find that the more prepared for tests they are, the less anxious they will feel.

If you feel that your anxiety is getting to you during an exam, take a short break.

- Close your eyes.
- Breathe deeply and slowly.
- Think about relaxing your hands

It is important to ignore other student who finish the test before you. It is a myth that top students finish first. If you finish a test early, you can use this time to check your answers and go over the instructions again to ensure you completed the test to the best of your ability.

HOW to STUDY for EXAMS

There are many useful strategies a person can use to help them prepare for an exam. The important thing to remember is to **USE** a strategy or strategies, that work for you **CONSISTENTLY**. Developing good study habits will pay off for you though out your time in school.

Use the information of the following pages to help you develop or add to your study skills and habits.



Schedule Your Study Time

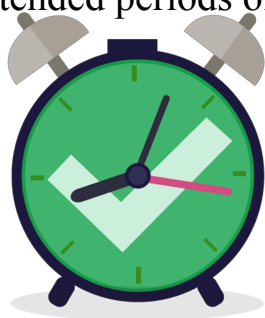
Set aside time for studying and doing homework. Make sure you stick to your schedule.

Short and Often: Don't wait until the last minute to review for a test. Along with quick daily reviews of what you learned in class, start preparing for a test when your teacher schedules it. Frequent short (15 min) periods are more efficient than cramming in one long study session. Divide the subject's content into small, manageable chunks.

Overlearn: Keep studying even after you know it. Overlearning is especially useful if you get nervous during a test

Most Challenging to Easiest: Start studying the material that is the most challenging you first. Then move onto the material you find easier.

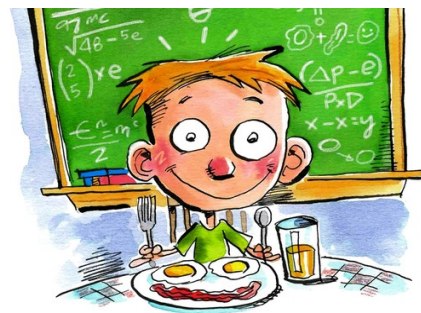
Maintain Balance in your life: Make sure you still follow your usual routine of eating, sleeping and exercising to help you concentrate better for extended periods of time.



STUDY TIME continued 

The Night Before the Test: Make sure you get a **good night's sleep** before an important test. In the morning, eat a good **breakfast**. Before you leave to school, make sure you **have everything you will need** for the test. This could include: Pens, Pencils, Calculator, and Study Notes.

Remember to have that **growth mindset** on the way to school, and think positively about your ability to do well on the test.



Strategies on How to Study

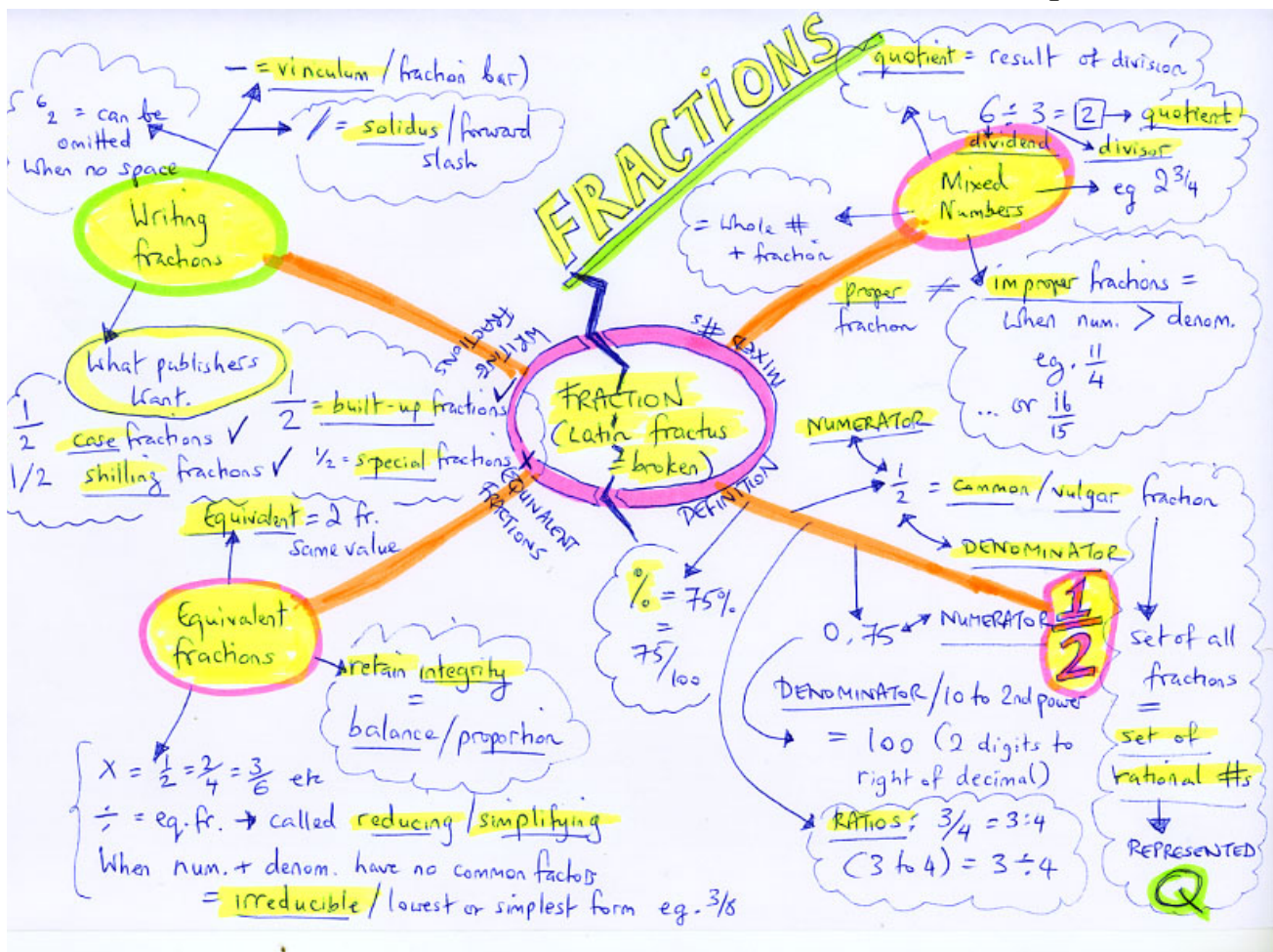
Depending on your learning style, some of these strategies will be more useful to you than others. It is important to choose strategies that work for you.



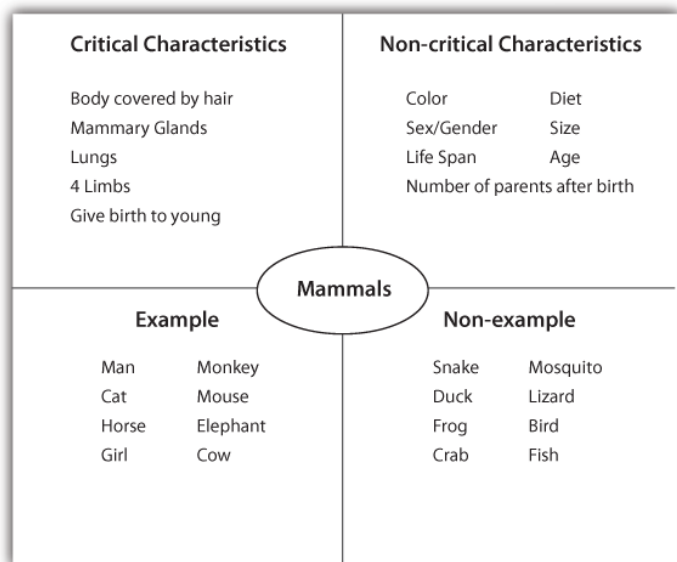
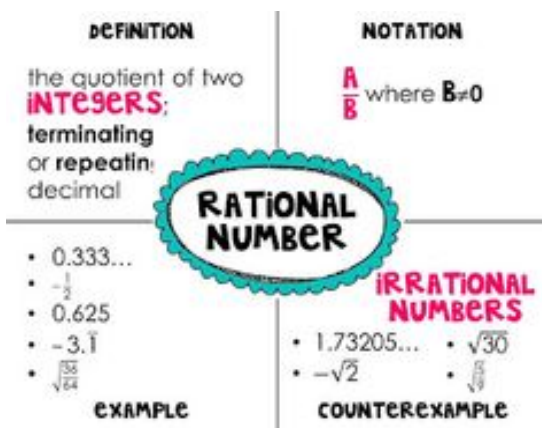
Creating Study Notes

Mind Mapping or Webbing

Use the key words, ideas, or concepts from your textbooks, class lessons, or notes to create a mind map or web. Write the key word, concept, theory, or formula at the center of your page. then write down related facts, ideas, events , and information and then link them to the central concept with lines.



Create a **Framer Model** to help with understanding vocabulary words.



Index/Flash Cards:

Create flash cards with a key word or question on one side and the definition or answer to the question on the other. Use your class notes, textbook, assignments or study guides to create your flash cards. When you are studying go through your flash cards until you know all of the material.

What is a Prime Number?

A prime number is any number that has exactly 2 factors.

A prime number can be divided evenly only by itself and one.

Examples of prime numbers: 2 (the smallest), 3, 5, 7, 13, 17,

The number one is not a prime number.

Symbols and Sticky Notes:

Over time you will cover a lot of information in class. Using sticky notes and symbols can help you organize your information so that you can find the important information you need when studying for a test.

Using symbols like an exclamation mark (!) might be used to point out a very important idea. A (?) may point out something you are not certain about and that you need to get help with. An asterisk (*) could highlight some interesting information you want to remember.



Tips for how to Remember or Memorize Information

Association: relates new learning to something you already know. For example, to remember the spelling difference between *dessert* and *desert*, recall that the word sand only one s. So, because there is sand in a desert, the word desert only has one s.

Using Mnemonic devices: These are sentences that you create to remember a list or group of things. For example, the first letter of each word in the phrase "Every Good Boy Deserves Food" helps you to remember the names of the lines on the treble clef staff (E, G, B, D, and F) in music. Another example is "My Very Educated Mother Just Served Us Nachos," will help you remember the planets in the solar system (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune).

Acronyms: are words that are formed from the first letters or parts of the words in a group. For example, **HOMES** can help you remember the names of the five great lakes (**H**uron, **O**ntario, **M**ichigan, **E**rie, and **S**uperior.)

Initialisms: are abbreviations that are formed from the first letters or parts of the words in a group. Unlike acronyms, initialisms don't form real words. For example, **BEDMAS** is an initialism for the order of operations in math (**B**rackets, **E**xponents, **D**ivide, **M**ultiply, **A**dd, **S**ubtract.)

Visualizing: requires you to use your mind's eye to "see" a chart, map, definition, formula that you saw in class, on the computer, or in your textbook.

A Few More Study Tips

Create an environment conducive to studying: Get rid of distractions. If you find it difficult to focus on studying make sure you do not study in front of the TV, Computer, or have access to your Phone, Ipad, etc. If there are distractions taking your attention away from the task at hand, you will not benefit from the study time.

Create your own questions: Look at questions you have been given in class take that question and write the question in two or three other ways. This will help identify how to answer similar questions on a test.

Be the Teacher: If you have a study buddy, an available parent, or sibling teach the concept to them. When you have to explain a concept to someone else it will help reinforce your understanding.

How to Write A Test

Well you are prepared! You know your learning style, you have scheduled your study time after school, and you are consistently using strategies that help you remember and understand what you have been taught in class.

Now it is time to write that big Test. On the following page is a list of strategies you can use when writing a test. Using these strategies should improve your level of achievement on a test.



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How to Write A Test

SPLASHDOWN: Just before starting the test, do a "splashdown" on the back of the test paper. Take two minutes to jot down all of the key ideas, memory triggers, vocabulary words, formulas, names, and important information you can remember. You can use this to trigger your memory as you write the exam.

Schedule your time: Skim over the whole test, and decide how much time to devote to each section or question. Use all the time you are given. "It is not a race."

Read the directions or questions carefully: Highlight the key words in the directions or in the question. Use the clue words in the question to help you answer correctly. (Examples: always, never, not, most likely etc.) Make sure you make note of how many marks a question is worth, and make sure your answer reflects this.

Multiple Choice (bringing the odds into your favor): A good strategy to use when answering multiple choice questions is to eliminate two of the possible answers. Usually two of the answers are obviously wrong, and depending on your understanding, two may seem plausible. Get rid of the two you know are wrong and focus on justifying one of the two remaining answers. Remember do not assume or add anything if the information is not in the question. Make your decision based on what is on the test.

How to Write A Test continued...

Come back to the difficult questions: Stay calm. Mark questions you don't know with a star. Keep going and come back to them when you have finished the other questions. You will often gain a clue to the answer by completing the other questions. Read difficult questions through three times. Try not to leave any blanks. If you don't know the answer make your best guess (based on what you know, as you will get 100% of the questions you leave blank wrong)

Review your work: For multiple choice, true/false, fill in the blank and matching questions, make sure you have answered all of the questions. If you were unsure of an answer, do **NOT** change it unless you are sure you made an error. First answers are often correct.

For written response questions, read over your answers three times. Ask yourself, "Is this what I want to say? Does it make sense? Will someone else understand what my answer is?"

A Checklist for Success

Here is a checklist for you to keep track of how many suggested strategies for success you are using. Read each question and put a check mark in the column the represents you. Look at the questions where you have checked "No." Think about how you might try using some of these strategies to help you do your best at school.

Strategies for Success	Yes	No
Do you attend school regularly?		
Do you know your learning style?		
Do you spend 15 to 20 min a day reviewing what you did that day in class?		
Do you study in a quiet place at home?		
Do you clearly mark the most important ideas in your study notes?		
Do you keep your binders, notes, and class assignments organized so you can easily find information?		
Do you practice answering multiple-choice and written response questions?		
Do you ask your teacher for help when you need it?		
Are you maintaining a healthy diet and sleep routine?		
Are you participating in regular physical activity?		

