

1. Top of homework and doing effective study can make your life in high school much easier and much more

1. Do you have good study habits? Complete the following questionnaire and find out!!!

1. Question and record your score.

Yes always	3 points
Frequently	2 points
Occasionally	1 point
Never	0 points

- 1 I study each subject each week (in addition to doing homework)? _____
 - 1 I set definite plans for each week's study? _____
 - 1 I am able to concentrate when studying? _____
 - 1 I have a particular place to study? _____
 - 1 I always use a desk or table for a work place? _____
 - 1 If I start to study do I make sure I have everything I need on the desk? _____
 - 1 I seek help from my parents, brothers or sisters for things I don't understand? _____
 - 1 I make notes while I study? _____
 - 1 I have my notes in a folder for future use? _____
 - 1 I set a study plan before exams? _____
- TOTAL: _____

code

0 Excellent you are an extremely organized student
1 Your study habits are quite good, you may be able to make them more effective though. Read the following pages and see if you can fine tune some of your habits.
Your habits may have worked in primary school however you will need to make some effort to improve your study habits to be successful in high school.
Try some of the strategies listed on the following pages.
You really need to work on getting organized and working at a level appropriate to a high school student. The following pages have several different strategies you can use to help you study more effectively.



Study

Want to try and have a quiet, private place in which to study. Your study room should have a desk not cluttered with junk so that you can spread out. It should be free from interruptions (parents and distractions (telephones) as much as possible. If you have a computer it should be on a separate line so you can work all the time. Your space should also be well lit. Studying in the dark doesn't work well!

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Make sure your study space has all the equipment you need to study or do your homework effectively. Help arrange your books, drawers with stationery, loose paper for taking notes and drawing on. Have the notes in for each subject, tape, glue, coloured pencils and ballpoint pens. Everything you may need to work without having to get up and leave your study space. This way you can avoid interruptions.

A diary

Use a diary with a homework diary to use. Simple point, USE IT!!! Enter your homework as you get it. It's each night to make sure you don't miss or forget something. Make sure you mark in when reports are due with reminders some time before hand. If you can do this and be disciplined about it then you'll have your homework and assignments completed on time and get the best results you can for.

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Expect you do in High School has exams. Sometimes all the exams are on in the same week or two, so they may be spread over a term. You must ensure that you study consistently through-out the year so your life is easier when it comes to preparing for exams.

are on -

- Make sure you have a revision timetable and stick to it.
- Check what a test is about and the form it will take with your teacher.
- Make summary notes to help you remember information.
- Set yourself questions and answer them, find past papers if you can and try them.
- Have someone ask you questions.

Where do you normally do homework and study? _____

What is the quietest and private place? _____

Is there a better place in your house where you could move to so that you can study better? _____

Where? _____ or could you make your room _____

What is quieter and more appropriate to study. _____

Are there any desks or tables you can use in this room? _____

Are there anything else you need to make an effective study area? _____

Take to your parents about helping you to create an appropriate and effective study area for you to work in.

Study: Why do I need to do it.

It is NOT the same as doing homework and assignments!
It is learning the material for Life! Doing homework is practicing what you have learned and new things. BOTH are important.
How to study will help you in high school, TAFE, Uni, and on-the-job. The older you get, the important it becomes. Developing good study habits in Year Seven will help you for the rest of your life.

Long View
something that may surprise you!

A good mark should NOT be your GOAL.

A serious student does not "study for a grade." Her GOAL is to learn the information for a purpose. Marks and grades are simply a measure of how well he has learned.

Good results come to you as a byproduct of the true goal of learning the material.

It tries to do what you ask it to do. It will try to reach whatever goal you set for it. If you have a "Set" to just get past the next assignment or through the next test, that is a short-term goal. Your mind has not been asked to "learn for life," and will likely very quickly forget what you "got you through the assignment or test, didn't it?"

Give the habit of learning "just to get by" the next class assignment or the next test. Make up your mind to study to learn everything for use over all of your life! This sets a goal for your mind. It is best to reach that goal!

Through school and life, you will have to repeatedly use what you have been taught. If you "just to get by" instead of learning it for life, then you will have to learn it over again. That wastes your time, and you will likely fall behind because of the extra effort to learn what you already know!

It will forget some of what you have learned. We all do. But the more of it you have "looked at" in your head, the better off you will be. Also, it will be a lot easier for you to relearn what you may forget, when that becomes necessary.

Learning information describes some strategies for good study and homework habits. There are several versions of these and you can if you wish look up study habits on the web and find the one that works best for you. The key to success in high school and afterwards is to build up some good habits as soon as possible so that it becomes normal and natural to you. That way it will be easier for you when you are in HSC.

events and important phrases and ideas your teacher tells your class as well as any notes that the teacher is writing down. Make an effort to know them just as YOU are the person who is going to have to understand it!

time limit Study and work within a specific length of time everyday. You may want to try devoting an hour to studying your lessons and doing your homework. (This may get longer as you move from Year 9 down to you can schedule your study time at certain times during the night or weekend. The important thing is you plan.

it off tomorrow! Putting work off till another day is called procrastinating (pro-cra-ty-n-ating). It's a really to make your life at school harder and get your parents and teachers on your back? You should do homework you get it, start the assignment that evening, the faster you start the better job you do, the quicker it is over and the easier that you can relax.

when You're Studying. When you're studying, make sure that it is your only task, it's hard to study your English if you are talking on the phone, watching TV, instant messaging, or hanging out with friends. You've got to be so that you can get the most out of your studying time. Not to mention that you can get done studying faster a on a 100 percent – and that will leave you more time to hang out and have fun afterwards.

help your head! When you get home, study the notes and lessons for that day as if you're having a test the even there really isn't going to be one. Making a habit of reviewing the day's lessons will help to condition your increase your memory retention. Getting knowledge into your long-term memory means you have it for the rest of your life! How can you do that? Try these steps!

Make sure you understand the work you are studying! If you cannot understand the concepts you must ask for help before you study them. Write summary notes of the work you did each day in a study book. These summaries may be as short as a sentence for each major point.

Recite the main ideas in your own words (say them out loud to yourself or a family member). Do over these notes again at the end of the week and cover all the concepts and ideas you did in each subject that week. Recite the concepts in your own words again!

When it comes close to test time go over them again in the same way. If you do this, the important information will be in your long-term memory and will be available for you in the test without needing to cram!

1 this method is reviewing and reciting the information at least 3 times! The evening you did it, at the end of the at the end of the month or in the weeks before a test.

or? Yes it does studies on students by scientists investigating long and short term memory have shown benefits to remembering work when using such a study method.

After this number of days	The amount remembered by students who did NOT review notes	The amount remembered by students who reviewed notes
1	100	100
2	80	90
3	60	75

do readings. If you're currently on Chapter 4 of your history book, why not read on a few extra chapters? It is to be several pages ahead in class. In fact, doing advance readings will actually help you prepare yourself in lesson.

remember! "Cram" is high up there on the list of things that mostly characterize high school and uni students, during exam week. Cramming usually results in **LOW** grades. Two or three weeks before an exam, you may be going over your notes. This way, you aren't really pressured to study and you have ample time to rest!

At least as important as study and homework is to have a healthy social life, enjoy some sort of hobby and the exercise. Locking yourself in your room and studying all the time is a recipe for disaster as much as doing out with friends, learn a musical instrument, play football, read a novel, whatever you like to do keep doing it! **even work and play is important in keeping healthy and able to succeed.**