Study Skills for High School & Beyond!!

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– Your CVHS 9th Grade Guidance Counselors

Who is my counselor?

How do you see your counselor?

What does my counselor do?
Goal of this Presentation:

To identify things you can do to improve your grades in school including using electronic resources easily available.
**Why Try & Improve Your Study Habits and your Grades?**

<table>
<thead>
<tr>
<th>Colleges first look at your GPA, Grade Point Average, when deciding who gets admitted and who wins scholarships</th>
<th>Failing a class means you will HAVE to repeat it! You will need to spend your own time &amp; money, or be off track to graduate</th>
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<tbody>
<tr>
<td>Improving your study skills may mean better QUALITY of studying, and less QUANTITY of time spent …nice, huh?</td>
<td>HS grades are part of a PERMANENT RECORD – applying to college, vocational school, job or military– they all can request your HS transcript</td>
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Quick quiz….
Get Organized!!!

- Three-ring binders w/ pockets – assigned colors
- Phone/tablet calendar (alerts/reminds), paper calendar or agenda
- Teachers are typically clear on what is expected – on their whiteboard/website/etc. so WRITE IT DOWN!
- Keep your locker/backpack cleaned out & organized!

**Improve Time Management:**

- Clearly define & list goals – Make a “To Do” list including dates – “NOTES” “REMINDEERS” are apps most smart phones have
- Break down big assignments into smaller ones
- Set aside specific time each day for doing homework & reviewing
- Develop a routine
Maximize Your Time at Home!

1. Study 1-2 Hours each night, even if a formal assignment isn’t given, spend about 20 minutes every night reviewing each subject.

2. Find a place free of distraction to study.

3. Decide how you work best. Quiet or light music? Most of us need to be well-hydrated and not hungry.

4. Do NOT study in front of the TV or your phone/tablet!

5. Plan the order of your work. It’s usually best to study for tests first. After that, tackle your hardest homework.

6. Consider using 3x5 note cards to turn class notes into questions on one side of the card & answers on the other. Quiz yourself.

7. Take a break every hour. Do something physical like walking.
## Improve Test-Taking Skills

<table>
<thead>
<tr>
<th>Review all along NOT just night before the test</th>
<th>Concentrate on ideas the teacher has made</th>
<th>Memorize formulas, names, dates, etc.</th>
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<tbody>
<tr>
<td>Go Prepared. Pen/pencil, ruler calculator, etc.*</td>
<td>Remain calm &amp; keep a positive attitude.</td>
<td>Arrive on time &amp; budget your time accordingly</td>
</tr>
<tr>
<td>Read then <em>re-read</em> the directions.</td>
<td>Check to be sure you have answered all ?’s</td>
<td>If finish early, go back &amp; review answers.</td>
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Help at your fingertips! Check out the below sites:

www.studygs.net Offers specific study skill strategies, available in multiple languages

www.Quizlet.com - Use already made study sets or create your own. Improve your grades with flashcards, games and more.

www.Studystack.com Study guides and strategies (including test preparation)

www.Brightstorm.com – FREE video lessons in various subjects


www.Algebra1.com Tutorial to assist in practicing & preparing for Algebra tests.

www.yourteacher.com online math lessons with personal math teacher

www.khanacademy.org - FREE tutorials & practice in various subjects as well as NWEA practice sessions (enter scores & suggested practice pops up) & SAT practice.
Last Pointers:

Do NOT cram for tests. If you follow the recommended steps, reviewing for tests should be easy.

Take care of yourself! Get enough sleep, eat well, exercise and avoid drugs/alcohol which are not only illegal and life altering, but impede learning.

Don’t Stress! ~ Utilize Help Available:

• TALK to your teachers – they are there to help!
• Attend Homework Club, coming soon - FREE TUTORING certain days after school
• Use free online tutoring that we reviewed. Especially Khanacademy.org & cmpl.org EVERY CVHS student already has a library card! Account = STU ID & PIN=last 4 digits of phone #. Cmpl.org has live online hw help, research assistance, digital downloads
• See us for academic or other assistance (Chippewa’s Corner Collection, free breakfast, group support (grief, anger management, substance abuse, stress, etc.), conflict resolution, stress, referrals or to get more involved in clubs/sports.
• Relax & breathe! Excessive worrying doesn’t help – having a good plan does!
Things you can do to improve your grades:

- Study each subject every night!
- Use notecards and/or Quizlet
- Designate a time to study each day & stick to it!
- Turn off TV/Phone/Computer
- Ask more questions!
- Get Organized!
- Eat breakfast!
- Try using online help through Khan Academy or CMPK
- Attend Homework Club
- Make a nightly To-Do list
- Use the calendar in my phone to list due dates!
- Get organized!
Best Wishes CVHS
Class of 2021!

Feel Free to Come & See Us Anytime!
Make it a GREAT year!

Mrs. Wall (A-L)
Mrs. Frohock (M-Rt)
Mrs. Given (Ru-Z)