ACTIVE STUDYING TECHNIQUES

Study Smarter, Not Just Longer!

Name: _____ Date: _____

Part 1: 10 Ways to Study

Studying doesn't have to mean just reading your notes over and over. Active studying means doing things that help your brain learn and remember information.

1. **Flashcards –** Put a question on one side and the answer on the other. Quiz yourself!
2. **Practice Tests –** Make up questions and see how many you can answer without looking at your notes.
3. **Teach Someone –** Explain what you learned to a friend, family member, or even a stuffed animal!
4. **Brain Dump –** Close your book and write down everything you remember about a topic. Then check what you missed.
5. **Make Your Own Questions –** Turn your notes into questions. Try answering them later without looking.
6. **Draw Pictures –** Use pictures, diagrams, or charts to help you understand and remember information.
7. **Make Connections –** Connect what you are learning to something you already know or something that has happened in your life.
8. **Write a Summary –** Explain what you learned using your own words. Don't just copy from your book!
9. **Study a Little Each Day –** Study for a short time over several days instead of trying to learn everything the night before a test.
10. **Switch Things Up –** Practice different types of problems or switch between subjects instead of doing the same thing the whole time.

Part 2: My Study Habits

1. Which of these study techniques have you tried before?

_____

_____

_____

2. Which techniques would you like to try? Why?

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3. Do you have any other ways of studying that aren't on this list?

_____

_____

_____

Part 3: My Study Plan

Think about an upcoming test, quiz, or assignment.

What subject or topic do I need to study?

_____

What do I need to learn or remember?

_____

_____

_____

Choose THREE study techniques you will use:

1. _____
2. _____
3. _____

When will I study?

_____

_____

How will I know I'm ready for the test or quiz?

_____

_____

_____

Remember!

Good studying isn't just about spending a lot of time with your books. It's about making your brain work! Try different techniques to find out what helps you learn best.