



## **Study Tips for Middle School and High School Students**

### **1. Keep it Short**

- Small, short study sessions are more effective than long study sessions.
- The brain is better suited to short, repeated sessions as opposed to one long one.
- “Cramming” and “all-nighters” are generally linked to the lowest grades.

### **2. Set a Time**

- Setting specific, regular times to study creates a routine that trains the brain to learn during those times.
- Studying actually becomes easier over time because the brain is trained to learn during those moments of the day.

### **3. Use Flashcards**

- Highlighting and re-reading notes or texts are very ineffective study methods because they are passive. They do not improve understanding or link key concepts together.
- Flashcards are an excellent study tool and are very effective for memory reinforcement.
- Making the flashcards for the subject you are studying is also a great way to learn information!

### **4. Have a Goal**

- Have a specific goal for each study session.
- Pick one aspect to focus on.
- Study until you can explain the concept simply.

### **5. Teach it!**

- Study as if you had to teach the concept to someone else.
- Preparing to teach information forces the brain to organize the information into a more logical coherent structure.

### **6. Practice, practice, practice!**

- Practice tests are a valuable study tool because they help the brain get accustomed to the test environment.
- Practice tests identify gaps in your knowledge, helping you know what to study.
- Practice tests improve confidence.

### **7. Have a Study Spot**

- Have a designated spot with all your study supplies handy.
- Returning to a specific area to study helps prime the brain to learn.

### **8. Music? Phone?**

- Rhythmic background noise is shown to be detrimental to concentration. It is probably best to study in a quiet place.
- Phones are a distraction and significantly decrease concentration.