**Study Tips**

**Study Tip #1**: NO EXCUSES! Make studying a habit worth having. The very first thing you need to do is accept that fact that studying is a requirement, and a necessary part of the learning process.

**Set up a Winning Schedule**. Next, set up a schedule and follow it! By doing so, you are developing a HABIT of studying.

How to develop a strong, effective study habit:

· **Start small**. Start with only 10-15 minutes of studying at a time and then build up to longer amounts as you progress in the material.

· **Set time aside for studying every day if possible.**

· On the other hand, be realistic. Be sure to set up a reasonable schedule that you can easily follow.

**Study Tip #2:** **Create the “RIGHT” study environment.** Avoid all distractions. Eliminate all the obvious distractions like telephone calls, or friends dropping by.

**Don’t procrastinate!** Don’t be tempted to put off studying for even two or three hours. Stick to your schedule.

**Where to study?** Find a quiet, comfortable (but not too comfortable) place to study

The RIGHT study environment:

· Studying in the same place each time will help you concentrate and will reinforce your positive study habits.

· If your exam is proctored, try to recreate the same environment as your final exam. This means that if you will be taking the exam sitting at a desk, make sure you studying sitting at a desk. If you do this you will form an association with knowing the material and sitting at a desk. Make your study situation as similar as possible to the exam situation, and, believe it or not, this will actually help you during the exam!

**Study Tip #3**: **Maximize your time.**  Take study breaks! Periodically stand up, gently rotate your neck, touch your toes and feel the stretch along the back of your legs. If possible, take a short walk to get some fresh air.

Find your peak performance time. Have you noticed that you’re more alert during a certain time of day? Find out when your peak performance time, then study during those hours.

**Avoid Cramming.** Cramming is a good way to guarantee poor results. Don’t expect to retain any information you try to lean at the last minute. In the days before your exam, you should review the material you’ve already gone over.

**Study Tip #4**: **Use Study Aids to Your Advantage.** Plan a review of each chapter as you go along, so that you don’t have to review everything all at once right before the exam. Remember, NO cramming! Make up your own questions for each chapter. Use the chapter headings and subheadings for ideas. Flash cards are very good tools, particularly for memorization of important terms and definitions. You can create them out of the words and terms you’re having the most difficulty with. Review them in random order until you feel confident that you know them.

**Videos**, you can go to goldiesroom.org, this site offers short biology video clips. Watching and listening to videos involves more of your senses than just reading.

**Practice exams** can also help prepare you for the real thing. If you can score 90% or more on your practice exams, you’re doing well.

**Study Tip #5**: Remember to use Memorization Tools! What’s the best way to recall important facts? When you associate something familiar to you with those facts, here are some examples of memory techniques that may work for you.

**Acrostics** – Have you ever heard of the phrase, “Every good boy does fine?” This is an example of an acrostic. The first letter in each word stands for the note on the musical staff – “E, G, B, D, F”.

**Acronyms** – actual words formed from the first letters of a series or list of words you need to remember. “King Philip Came Over From Greece Sneezing”, you can use to remember the classification levels of organization – Kingdom, Phylum, Class, Order, Family, Genus, and Species.

**Rhymes** – making up a simple rhyme can be a very effective memorization tool. Remember, “I before e, except after c?”

**Bonus tip:** NEVER go past a word you don’t understand in the textbook. Stop and look it up, then continue. If you don’t understand a sentence or paragraph in the text, take it a phrase at a time until it makes sense to you. Write down any term you find difficult and make it into a flash card. Review it the next day at the start of your study session.

**Study Tip #6**: Visualize Your Success and Tame Your Fears! If you’re like most people, you may have a little discomfort at the thought of taking a quiz or an exam. You may remember past experiences that didn’t work out, or you may focus on how you’ll feel if you don’t do well. However, it’s important to transform a fearful or negative attitude into a positive attitude, because a positive attitude counts for at least a third of your success on any exam.

The past doesn’t equal the future! Whatever happened before is not destined to happen again. So if you’ve failed in the past, it doesn’t mean you’ll fail in the future. The past is gone, so forget it. Let’s start fresh!