

Essex County Schools of Technology

Study Skills/Test Taking Strategies

Ms Doss PT-ELA/Special Ed
Ms Wojcik WCT-ELA/Special Ed

Today...

Creating an environment for learning at home

Maximizing homework time

Achieving better study skills

Improved test-taking skills

Better grades

What parents can do to help

Schoolology and Naviance

Does your child say any of the following things?

I don't have any homework

What am I ever going to use this for??

I know my grades will get better...they just will!

My actual grade is much higher

Or any of these?

I just didn't try THIS time

She's/He's just not a good teacher

No one in the class is doing well...it's not
just me

I just don't care what I get in that class

Warning Signs

- Takes student all night to do homework
- Misses assignments
- Consistent drops in grades
- Attitude and mood changes
- Excuses and rationalization

What's getting in the way?

Skill gaps

Not knowing how to study

Low self-confidence

Disorganized

Low motivation

Lack of support

10 Helpful Strategies for students:

1. Believe in yourself
2. Be organized
3. Time management
4. Create a successful routine in classes
5. Take good notes
6. Use reading strategies/techniques
7. Study smarter
8. Develop test taking strategies
9. Reduce test performance anxiety
10. Ask for support

Strategy 1

Believe in yourself!!! Develop a growth mindset.

<https://www.youtube.com/watch?v=M1CHPnZfFmU>

Believe in your abilities/skills

Recognize your individual talents (surveys available) <https://www.naviance.com/>

Do not compare yourself to others

WANT IT!!!!

Build confidence now and for your future self

Strategy 2

Be Organized!!!!

Online classes should be arranged with folders <https://www.schoology.com/>

You may find a binder with tab dividers and folders helpful

Have phone numbers and/or email addresses for classmates and instructors

Maintain a neat locker and backpack

Organize each night for following day (devices should charge at night)

Pick at least one day per week to have a catch up/organization session

Strategy 3

Time Management

Use down time effectively (before school, lunch, after school)

Have a list of tasks-Schoology calendar

Include homework and studying each night

Homework and Studying are not the same

If no homework assignments, study/review notes/online classes

Aim for 30 minutes of study/review per weeknight

Strategy 4

Create a successful routine in class

Be on time, be prepared with all necessary materials

Sit in a seat that will maximize potential and minimize distractions

Participate and ask questions

Make necessary adjustments based on the subject and teacher

Strategy 5

Take good notes

Be an active listener in class

Identifying important details

Can be handwritten or typed-Google Docs or One Note

Easy to read notes, use abbreviations that are familiar

Check daily

Cornell Notes as an organizational tool

<https://www.youtube.com/watch?v=4vOsVKWeyAA>

Strategy 5 continued

Borrow notes if you are absent from class

Be an active reader-take notes (annotate) while you read

Design study guides for quizzes/tests

Form a study group

Meet with instructor prior to testing

Strategy 6

Reading Techniques

SQ3R: https://www.youtube.com/watch?v=0dhcSP_Myjq

- Survey: titles, headings, pictures, graphs, charts, etc.
- Question: turn boldfaced subtitles into questions
- Read: read with the purpose of answering your questions, use a highlighter or a pencil to text underline
- Recite: stop periodically to check for your understanding
- Review: go back to answer your questions, answer chapter questions, review material a little every night

Strategy 7

Study smarter!

Find a quiet, organized place to study (flat surface, appropriate lighting, minimal distractions)

Make a plan/list of priorities (easiest to most challenging)

Know your individual learning style

https://www.youtube.com/watch?v=u_rmUkj9g0k

Make flashcards, use tricks to help you retain information

Strategy 8

Test Taking Strategies-Multiple Choice, True False

Be prepared, try to relax (breathing techniques)

Read all answer choices

Use time wisely, most test have time limits (extended time included)

Multiple choice questions-try to predict answer before choosing

POE-process of elimination

Pay attention to key terms in true false questions (NOT, ALL, EXCEPT)

Strategy 8 Continued

Test Taking Strategies-Open Ended, Essay

Plan your time

Brainstorm and outline

Formal writing-leave out abbreviations, slang

Multi paragraph essays should have an introduction, a body and a conclusion

Strategy 9

Reducing Test Anxiety

Get enough sleep

Be prepared and arrive early

Mix your nerves with confidence

<https://raisingteens today.com/best-apps-for-stressed-and-anxious-teens/>

Strategy 10

Accept Help

Teachers

Guidance

Child Study Team

Paraprofessionals

Parents/Family members

Family/School Connection

Keep in touch with teachers-send emails, check online courses and gradebooks

Read syllabus, know teacher expectations

Provide support

Help create a learning environment at home

https://www.youtube.com/watch?v=9M_XO6JEC5Q

Read/study together

Talk-create a “no device time” for the family