



# STUDY STRATEGIES

BSHS COUNSELING

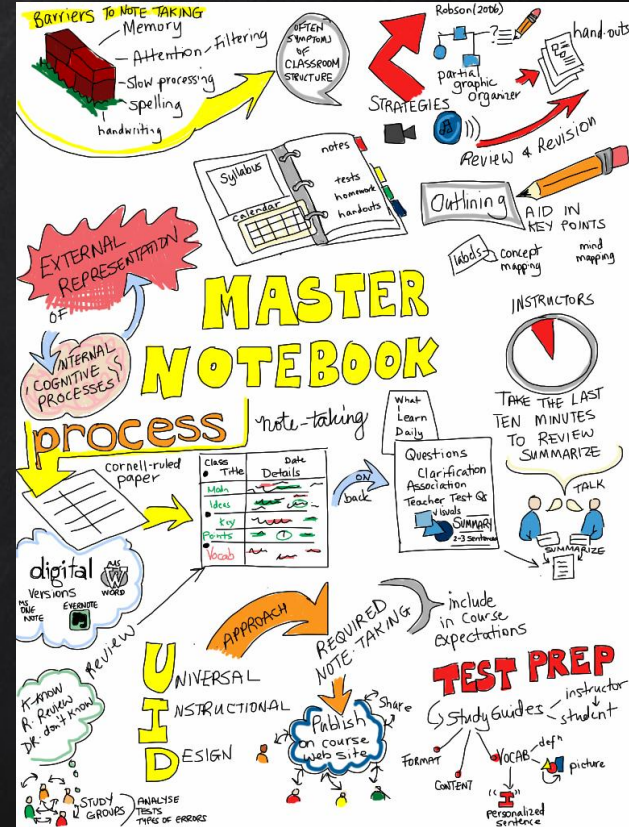
DEPARTMENT



# #1 TAKE NOTES



Taking notes is a great way to try and stay engaged in the course content and/or class lecture. It helps keep our minds from wondering and thinking about what we're going to have for lunch.



5 basic types of notetaking....

<https://www.youtube.com/watch?v=E62reQv-NaI>



# CORNELL METHOD

- Allows you to pull out main concepts and themes
- Notes are organized, neat and easy to review

<http://lsc.cornell.edu/study-skills/cornell-note-taking-system/>

## CORNELL METHOD NOTETAKING

IS SO EFFECTIVE OMG WHY WEREN'T WE TAUGHT THIS IN STUDY SKILLS

by lavidapoliglota.tumblr.com

~2 inches

### 2. THIS IS THE RECALL COLUMN

As soon as possible after lecture, review the notes column, take main ideas, key concepts, and important facts and write them in the recall column

### 1. THIS IS THE NOTES COLUMN

During lectures, note main ideas and concepts. Don't mindlessly copy - rephrase what you can to retain information

Skip one line between ideas,

several between topics

Avoid writing in complete sentences, use symbols and abbreviations, e.g.:

*Pelayo, a descendant of the Visigoth aristocracy, founded the Kingdom of Asturias in 718.*

*Pelayo (dscdt/Visigoth arist.) fd. Asturias 718*

### 3. THIS IS THE SUMMARY SECTION

GUESS WHY IT'S CALLED THAT

Summarise main points here at the end

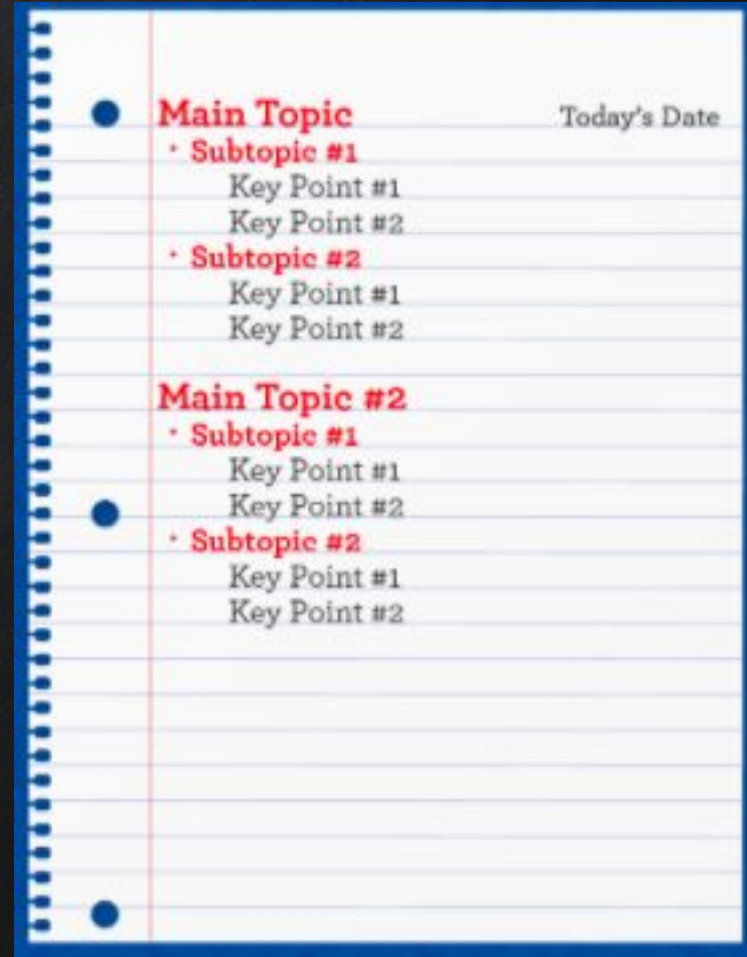
Info taken from

<http://www.heritagehawks.org/faculty/dbrown/HistoryClass/TheCornellMethod.htm>



# OUTLINE METHOD

- Allows notes to be easily organized
- Easy to see relationship between topic and subtopic





# CHARTING METHOD

- Notes are split into labeled columns
- Efficient
- Visually organized

## History Lecture

Date	Events	People	Significance

# MIND MAP METHOD



Good if ...

- You are a visual learner
- Enjoy minimal note taking
- You like to see how things are connected

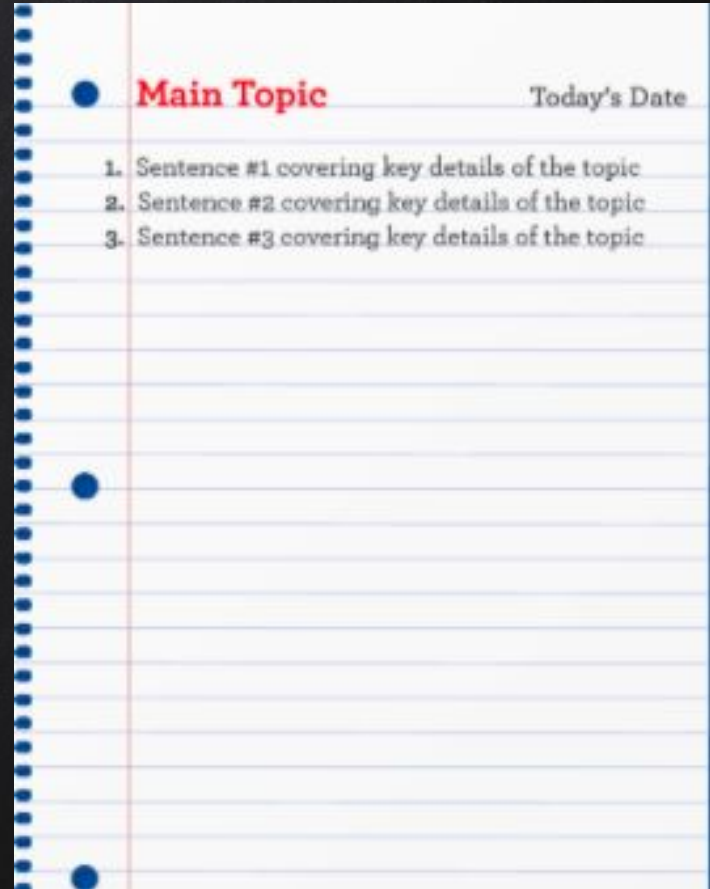




# SENTENCE METHOD

Good if...

- You are new to note taking
- Struggle being prepared
- Need to record every fact



## 2.

# KEEP UP TO DATE WITH YOUR HOMEWORK

HOMEWORK IS INTENDED TO REINFORCE WHAT YOU ARE DOING IN CLASS AND TO PROVIDE AN OPPORTUNITY FOR REPETITION TO LEARN THE MATERIAL.

- USE A PLANNER
- HAVE A DESIGNATED STUDY AREA
- DEVELOP A DAILY SCHEDULE (THE TRICK IS TO PLAN AHEAD)
  - MAKE SURE TO PLAN TIME EVERY DAY FOR HOMEWORK, STUDYING OR REVIEW
- NEED HELP?
  - ASK FOR HELP!
  - TALK TO YOUR TEACHER
  - REVIEW YOUR TEXT BOOK
  - LOOK ONLINE
  - ATTEND A VIRTUAL OR IN PERSON TUTORING SESSION



# 3.

## GET ORGANIZED

<https://www.topuniversities.com/blog/best-time-management-apps-students>

JUST AS IT IS IMPORTANT TO HAVE A STUDY SPACE, IT IS IMPORTANT TO BE ORGANIZED!

- USE A PLANNER (USE IT TO RECORD DUE DATES
  - PHONE CALENDAR APPS OR PLANNER APPS WORK GREAT IF YOU PREFER TECHNOLOGY TO OLD-SCHOOL PEN AND PAPER
- UTILIZE 3 RING BINDERS FOR LOOSE PAPER
- COLOR COORDINATE YOUR SUBJECT NOTEBOOKS WITH FOLDERS FOR EACH CLASS
  - IF ORGANIZATION IS A STRUGGLE USE A 5 SUBJECT NOTEBOOK TO MINIMIZE THE OPPORTUNITY TO MISPLACE A NOTEBOOK.
- PLACE FOLDERS IN THE 3 RING BINDER





“ A genius is a talented person  
who does his homework”.

-Thomas Edison



## 4. DEVELOP A ROUTINE

- ✗ Get up and go to bed at the same time every day
- ✗ Keep track of everything you do during a normal day and the amount of time it takes
- ✗ Keep track of how much time you spend on social media, surfing the web, or playing video games
- ✗ Develop a schedule based on what you need to achieve
  - Include :
    - Chores/Work
    - Time with Friends and family, self care
    - Homework

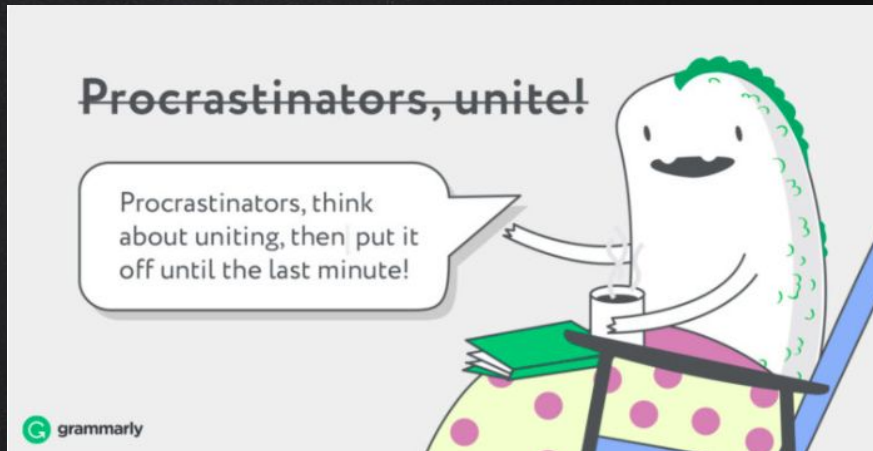
# 5.

## DON'T PROCRASTINATE

IT IS EASY TO THINK " I NEED A BREAK" AND FLOP DOWN IN FRONT OF THE TV OR CHECK OUT SNAP OR TWITTER. BUT...IN THE LONG RUN IT ENDS UP CAUSING MORE TROUBLE, RIGHT!

### BEST WAYS TO BEAT PROCRASTINATION?

1. FOLLOW A ROUTINE
2. FOCUS ON THE FINISHED ASSIGNMENT
  - A. IF YOU FINISH IT, THEN YOU WILL BE DONE! YOU WON'T HAVE TO ANSWER QUESTIONS ABOUT MISSING ASSIGNMENTS OR LOW GRADES.
  - B. YOUR COUNSELOR WON'T CALL YOU DOWN ABOUT GRADES EXCEPT TO CONGRATULATE YOU ON A JOB WELL DONE!



6.

## UNPLUG, MUTE, POWERDOWN

ARE YOU REALLY STUDYING IF YOU ARE CHECKING SNAP, TEXTING, CREATING A MUSIC PLAYLIST AND TEXTING FRIENDS?

**NO!**

... For it is in your power to retire into yourself whenever you choose.  
-Marcus Aurelius

# DISCOVER YOURSELF!

Disconnect, Power Off, and  
Unplug:  
The Lost Art of Solitude

7.

## TAKE BREAKS & STAY POSITIVE



- ✗ Take Breaks—don't sit at your computer for hours on end
- ✗ Work for 20 minutes and take a 5 minute break
- ✗ Review for a few minutes and then add “new” material
  - You only have so much room in your short term memory
  - Don't try to cram!
- ✗ Positive Self-talk is very important
  - Identify what is challenging for you & ask for help
  - Focus on **YET.** All things will come in time. Be patient with yourself.

8.

## UTILIZE AVAILABLE TECHNOLOGY (WITH TEACHER PERMISSION)

- x ACT Academy
- x GoCongr
- x Evernote
- x StudyBlue
- x Khan Academy
- x Marinaria Timer
- x Google Drive
- x Google Classroom
- x Duolino
- x Schooltraq
- x Quizlet
- x StudyStack
- x Study Guides and Strategies
- x AP Flashcards

<https://bshscounseling.weebly.com/>

<https://academy.act.org/>

<https://www.collegeraptor.com/find-colleges/articles/tips-tools-advice/10-free-online-study-tools/>



THANKS!

Any questions?

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