



# Waterford Valley High Study Help

Need help to study more effectively and get yourself organized? Here are a few tips!

**“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”** *Maria Robinson*

Getting yourself organized:



Make sure you have a **complete set of notes**. *(If you have been absent or missed a class, now is time to get a copy from another student or the teacher)*

Place all of your **hand-outs, worksheets, assignments, quizzes** and **tests** with your notes and textbook in one spot like a binder just for that course.

**“Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential”.** *John Maxwell*

**Set up Your Study Space:**

Everyone learns differently but your space should be:



Comfortable, have few distractions like the T.V., computer, phone, noisy conversations or frequent interruptions.

Try to pick somewhere where you can spread out your study materials comfortably and for easy reference (preferably you should be able to leave them there until your exam is over). It should have good lighting, and be fairly quiet.

Supplies should be handy **before you start** to study, such things as: pens, pencils, erasers, calculator, highlighter, ruler, note paper, and of course, your course materials.

- **Before you make a plan – think about what you want to accomplish!**

- **Write down each of your courses and ask yourself what mark do you want and are you willing to do the work that is required to get it?**

*Did you know? That there are lots of strategies to help deal with test anxiety – see our guidance counsellor if you would like to know more about this!*

**“Start by doing what’s necessary, then what’s possible, and suddenly you are doing the impossible”**

=====  
==

We all know that cramming creates stress, panic and often results in a poor outcome.

Set up a **sensible schedule for the 2-3 weeks before exams** – include social time and breaks.

But the trick is to **COMMIT TO IT**, once **YOU** have created it!

You will need this time to organize your materials, set up a work space, review, get extra help with material that is not clear, and allowing yourself time to go through review questions and devise your own “memorization” tricks, for each of your exam subjects!

=====  
==

**“All things are difficult before they are easy”.** *Thomas Fuller*

When studying

- Jot down any questions or highlight confusing parts of your notes or any review questions you are having trouble with so you can ask your teachers about it when you see them.
- **Set your phone as a reminder (and set alerts) or an alarm clock** - Study in intervals of 45-50 minutes and give yourself a 5-10 minute break. You will find that the information you have just studied stays with you and the break helps to refocus your thoughts. **It is natural that your study periods will get a bit longer and more concentrated the closer you get to your exams.**
- **Put your phone away so that you won’t get distracted!**
- During your break – walk around, get a snack, check your phone (which has been turned OFF while you are studying) - \*\*\* don’t forget **to set the alarm clock for your determined break time** – it is so easy to let this time extend!
- Try some memorization tricks!



**“By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands – your own”.** *Mark Victor Hansen*

- *Start by putting in when your exam is and then back track with a pencil the study time you will need to prepare for it!*

- Commit to particular time, for instance 7:00 – 7:45 History , Chapter 1&2, 7:45 – 8:00 Break, 8:00 – 8:45- Math Chapter 4 Review Sheet
- Don't forget to schedule in some social time too!

**January 2017**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	  Done!

**To do List:**

---



---



---



---



---

**“If we did all the things we are capable of, we would literally astound ourselves”. Thomas A. Edison**

**JUNE 2017**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	  Done !	

**To do List:**

---

---

---

---

---

---