***A Strategy for studying for a Test:***

***F.O.R.C.E.***

***F***- Find out - Your teacher announces a test. If you do not receive all of the information, ask questions on what will be covered and what type of questions will be on the test.

***O***- Organize – Collect all necessary materials for studying for the test. For example: notes, old tests, books.

***R***- Review - Do the general review necessary to study for this test. For Example: skim chapters, charts, maps, summaries, questions, or vocabulary, highlight notes, review old tests and assignments, use study guide

***C***- Concentrate - Make a study sheet (cue sheet) by putting important information in question/answer form. Focus on what you do not know.

***E***- Early Exam - Practice the test by pre-testing. For Example, take turns asking questions with a partner, have your parents or other adults help you drill from your study sheet, take your own test from your study sheet. Now review those weak shots until you are certain of what you know.

***A Strategy to Help Me Start Studying:***

***C.H.E.C.K.***

***C*** - Change environments

***H*** - Have all equipment nearby while studying

***E*** - Establish rewards for yourself

***C*** - Create a checklist of all the tasks you need to do before-studying

***K*** - Keep a “worry pad” while studying to jot down what comes in mind as you study - distracting thoughts.

***MEMORY TECHNIQUES***

1. Learn from the general to the specific. If you’re lost, step back and look at the big picture. It might be easier to learn from details.
2. Make it meaningful.
3. Create associations.
4. Learn it once, actively—walk around, read aloud, etc.
5. Relax!
6. Create pictures, diagrams, cartoons.
7. Recite and repeat—use a tape recorder, read to someone.
8. Write it down.
9. Reduce interference.
10. Over learn.
11. Review often.
12. Study your more difficult subjects first.
13. Use breaks wisely.
14. Decide what’s important to memorize.
15. Combine the memory techniques.
16. Realize that once you really learn something, it is stored in your memory.

**YOU MUST UNDERSTAND SOMETHING BEFORE YOU CAN REMEMBER IT!!**