

College Prep and Study Tips...

Brain Food

Sit down, enjoy a balanced meal, and recharge after a long day at school. Grumbling bellies tend to upset study sessions!

Hold my Calls

Turn off the TV and let voice mail handle the incoming messages; the sooner you concentrate on your studies, the sooner you'll be finished.

Test Self-Help

Do yourself a favor next time you test: Take a moment to read and fully understand the directions, then work through the less difficult questions to build your confidence.

Study Alert!

Plan study times when you are most alert, steering clear of late night and early morning cram sessions. Avoid rooms that are poorly lit and excessively warm.

Me, myself, and I

Question yourself out loud to prepare for tests, and get comfortable summarizing information in your own words. It's okay to stop and tell yourself what you've just read.

Know the Know-It-Alls

Learn all you can about your local resources. Find time to brush up your library research skills using electronic searches, microforms, media, archives, periodical stacks, etc.

The Sound Barrier

Contrary to a long-held belief, listening to music isn't necessarily an impediment to serious study time. In fact, new reports are saying that tuning in is turning out okay in most situations.

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...college Prep and Study Tips Continued

Attack Panic

Worrying about everything usually accomplishes nothing. Don't focus on the whole picture at once; make each individual step count.

Worth Noting

Take notes, and lots of 'em! Writing reinforces memory, and notes can include verbal and visual clues from the speaker. Compare notes with classmates to make sure you're covered.

Top 13 Ways to Prepare for a Big Test

1. Be prepared. Start studying weeks before a big test.
2. Employ research. Know your test subject matter.
3. Study smart. Use note cards to improve memorization.
4. Think globally. Study with friends for added fun.
5. Ask questions. Meet with your teachers after school.
6. Seek advice. Your parents are your greatest assets.
7. Exercise repetition. Practice taking the test.
8. Get sleep. Eight hours will make a difference.
9. Eat right. A good breakfast and lunch improve brainpower.
10. Obtain materials. Make sure to have your No. 2 pencils ready.
11. Stay calm. Take a deep breath. You can accomplish anything.
12. Go slow. Read each question carefully.
13. Review everything. Make sure you've answered all questions.