

STUDY TIPS

- Exams and the anxiety that comes with them often prevents you from achieving your academic goals.
- Studying involves more than routine memorization. It involves understanding the subject matter, and the best ways to organize and manage your work.
- It's about **PLANNING**, not **CRAMMING**. Preparing for an exam cannot be achieved by one long cram session. When you're well prepared for an exam you experience less stress!
- Some tips:
 - ✓ **Shift to an active mindset in class:** take it upon yourself to learn! Rather than having a passive mindset, in which the teacher teaches and the student listens, the student with an active mindset asks questions proposes solutions and integrates what is learned into other lessons and subjects.
 - ✓ **Use your planner:** keep track of assignments, tests, homework and other commitments. When you get home, review the whole picture, and ask for assistance if you're having trouble making a plan to complete everything on time.
 - ✓ **Summarize the day's lessons:** before the day's lessons can go in one ear and out the other, spend ten minutes per subject summarizing the day's work. In addition to providing you with your first review, this will tell you whether or not you really understand the information.
 - ✓ **Create a study place:** Set aside an area of your home for homework and study time. IT should be a quiet corner with few distractions, far from the noise of TV and people. Pay close attention to what distracts you – some may do well next to a window, others may find it distracting. If possible, this space should not be used for other activities.
 - ✓ **Stay focused:** it's easy to get caught up in the frustration of studying for a difficult test. Stay focused on your long-range goals and dreams, not overwhelmed by the stress of the moment.

Source: Nick Whitehead, Oxford Learning Centre, via *Calgary's Child Magazine*.

- For some tips on **test-taking**, check the *Test Skills* page in your Westmount planner (page 146 in the back of the 2007 Mid-High planner).
- Want to have some **practice** before taking an exam?

ExamBank – <http://alberta.exambank.com/index.html> - a private business devoted to providing practice exams for Alberta students on a fee-for-service basis. As a courtesy to High School students, Westmount Charter School has purchased a number of ExamBank logins; ask your teacher for a login code. Parents or students are also free to purchase their own login packages.