



1

Simply,
Start!

ST. MICHAEL C.S.S. STUDY TIPS

Avoid distractions.
Study in a quiet place.

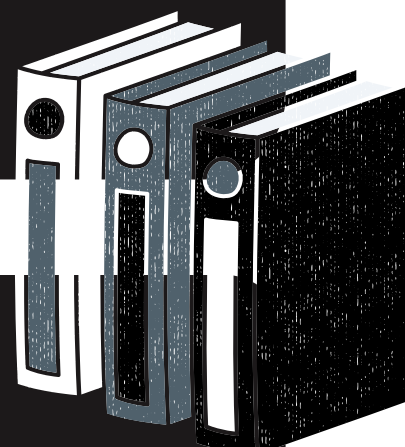
REVIEW YOUR NOTES

Focus on MAIN IDEAS (usually a definition, important date, fact or formula). ADD examples or expand to ensure understanding. Review Unit Tests, Tests Reviews, and Chapter End Summaries in your textbook (as needed).

2

ORGANIZE, CONDENSE & REWRITE

Colour code units of study, concepts, if you find it helpful. Type your notes on a computer (although, rewriting by hand, is just as good; if not, better for memory retention).



EAT WELL & EXERCISE



Acronyms (i.e. BEDMAS), **Acrostic** (A sentence formed from the first letter(s) in a name or phrase), **Rhyme/Song**, **Method of Loci** (Think of a familiar location and in your mind, place the items/terms you want to remember, in different locations throughout this space" (YorkU, Student Community & Leadership Development)).

3

Ways To Study

"Prioritize exams not only by the day they occur, but by their difficulty" (UofT, Student Life).
"Make a study schedule that puts the most difficult aspects of each course as early as possible" (UofT, Student Life).

"RE-READING IS USUALLY NOT ENOUGH: INSTEAD, BE ACTIVE IN YOUR LEARNING"

(UofT, Student Life).

Memory Maps - Write down a key term or idea on a piece of paper. Then, set a timer and write down as much as you can about each topic, and see how many links you can come up with (this can also be done without a timer).

Be The Teacher! This is the ultimate test. See how much you can teach a peer/family member/a volunteer a topic in your own words.

Flash Cards - Great for repetition and quizzing yourself on a wide-range of concepts. Tip: You can add an image to help create a connection to aid with memory.

Make Connections - "For long-term retention, do your best to connect new knowledge to old understandings" (UofT, Student Life).

When you are able to make connections to your own life (including: music, experiences, individuals, previous learning, highlighter colours, etc.), your brain is able to better retrieve information.

4

Always

Self Monitor Your learning:

If you're struggling with a concept, ask a peer, your teacher, Academic Resource Teacher/Student Success Teacher, Teacher Librarian, and/or attend peer tutoring.

5

To-Do

The Night Before:

Stop reviewing at least an hour before you go to bed. Pack any supplies needed for the morning. Go to bed early. Set your alarm (and a couple of back up alarms!)

6

Morning of Test or Exam:



Wake up early. Review your notes once. Take a deep breath. Pray. You have done your best in preparing. That is all you can ask of yourself.

Problem Solving Approaches for Math & Science

ROPOSE Approach
"Read: What is the question asking of you?
Organize: What are the given values?
What are the unknowns?
Picture: Visualize the problem.
Draw diagrams, mind maps, etc.
Order: Break down the problem into steps.
Solve: Perform the steps.
Evaluate: Check your answer. Does it make sense?"
(YorkU, Student Community & Leadership Development).

Tips For Math & Science

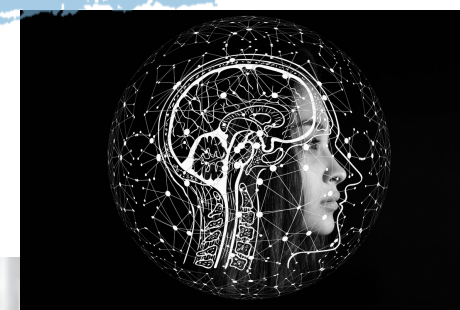
"Understand first, memorize later.
Focus on knowing what the concept is and how you can apply it to a problem. Don't just memorize formulas! Knowing a formula is only helpful if you know when and how to use it.

Give yourself the time to learn. Just reading isn't enough. You must do the calculations to fully master the concepts.

Avoid jumping to the answers right away. Skip the question if you're stuck, but come back to it at a later point to try again.

Try not to fall behind! Lots of math and science concepts build on each other, making it much harder to catch up later.

If a concept isn't clear, get clarification and ask for help" (YorkU, Student Community & Leadership Development).



Works Cited

UofT, Student Life. "Academic Skills Starter Kit - Exam Tips." *Academic Skills Starter Kit*, https://studentlife.utoronto.ca/wp-content/uploads/ASC_Exam_tips.pdf.

UofT, Student Life. "Test and Exam Study Tips." *UofT Student Life*, 8 Dec. 2022, <https://studentlife.utoronto.ca/task/test-and-exam-study-tips/#:~:text=Prioritize%20multiple%20exams%20not%20only,be%20active%20in%20your%20learning>.

YorkU, Student Community & Leadership Development. "Memory." *Student Community & Leadership Development*, 11 Nov. 2022, <https://www.yorku.ca/scld/learning-skills/study/memory/>.

Works Consulted

Rachel, Darling. "These 25 Study Tricks Are Sure to Help You Pass All of Your Tests This Year: Life Hacks for School, School Study Tips, Online School Organization." *Pinterest*, 4 Dec. 2022, https://www.pinterest.ca/pin/488851734565700512/sent/?invite_code=fec901253e0b41f58cd20e73e436c04e&sender=488851871960664561&sfo=1.

"Study Tips: Exam Study Tips, Effective Study Tips, Study Techniques." *Pinterest*, 4 Dec. 2022, https://www.pinterest.ca/pin/488851734565700494/sent/?invite_code=e8564afe776444bbb368bc79029be73f&sender=488851871960664561&sfo=1.

Additional Resources:

[UofT video linked here](#)

[Useful Apps](#)

[YorkU Study Tips](#)

[YorkU Math and Science Study Tips](#)

[Problem Solving Video](#)