

## STUDY SKILLS FOR MIDDLE SCHOOL

### 1. Find A Dedicated Study Space

Determine a place free from distraction where you can maximize your concentration and be free of the distractions that friends, family or hobbies can bring. This space should have all the supplies you need to complete your work (e.g., sharpened pencils, paper, erasers, etc.).

*Things to remember:*

- A TV in the background is never a good idea
- If you can study with music in the background, keep it on very low volume

### 2. Use Distributed Practice (vs. Cramming)

Cramming is when you study in one block of time before a test or quiz. Distributed practice is when you space your study out over the 3-4 days preceding your test. While the amount of time you may spend is the same, distributed practice is more effective.

*Things to remember:*

- You are reviewing the material several times, gaining more familiarity with it
- You slept on it (sleep helps you learn because your mind is more active during sleep than it is during wakeful hours)
- Shorter study sessions means better focus and attention

### 3. Review material every day

Setting aside time each day to review what was taught that day helps solidify what you've learned.

*Things to remember:*

- There is always something you can review, so even if you don't have official homework or an assignment that is due, make sure you set aside at least 20 minutes each day to review material
- Reviewing vocabulary is always a great activity (i.e., science terms or vocabulary in your foreign language class)

### 4. Use as many "modes" as possible

Because our brain utilizes many pathways to find information we have learned, we do ourselves a favor by studying information in multiple modes (visual, auditory, and kinesthetic). So whenever you can, learn material in as many modes as possible.

*Things to remember:*

- Reading a study guide aloud combines the visual mode (reading) with the auditory mode (hearing it spoken)
- Never use electronic flashcards because they take out the writing component (kinesthetic mode)
- Recopy notes or information and verbalize it as you do, combining kinesthetic and auditory modes