



## **Study Skills Tips for High School Students**

*By Chester Chambers & Megan McGeehan  
AC Peers Executive Tutors, Class of 2011.*

### **Review Notes Every Night.**

Taking just 5-10 minutes each night or even every other night will dramatically improve your comprehension of the material. The more often you review the information, the more likely you are to recall it on the test. This little bit of time each day will pay off in the long run -- when the test comes around, there will be no need to cram as you will already have a solid understanding of the material.

### **To help with Time Management, Create a Schedule and Stick to it.**

This is a great way to help in budgeting time on an especially busy night or week. By allowing only a certain amount of time to complete an assignment, it is more likely that you will stick to that schedule and not allow yourself to become distracted or to forget an assignment. For long-term projects, creating "due dates" for yourself, and meeting them, will make the project more manageable and will prevent procrastination.

### **Try Different Methods Of Studying Until You Find What Works Best For You.**

Everybody learns differently, so the method of studying that works best for one student may not work for another. When preparing for tests, try a combination of different study methods until you learn which is most effective for you. For some, making flashcards is the best method, but for others it may be creating a concept map or study guide, making a game out of the information, creating mnemonic devices, or forming a study group.

### **Create Study Groups to Help Tackle the Big Picture.**

Working with friends is great, but when it all comes down to it, this leads to reduced productivity. Branch out within your class and look for people who are experiencing similar problems. Once you identify specific problems, meet in groups to tackle whatever it is that needs to be done. Remember there's strength in numbers!

### **Stagger Your Strengths and Weaknesses. Take Breaks.**

If you know you're good at something, tackle that task in between two things that will take a longer amount of time and more brain power. This will give you a natural confidence boost in between tough subjects, and will make your overall study experience much faster and more enjoyable. In addition, every 30-45 minutes of diligent study, take a break to get up, get a drink or

snack, and walk around the room. This will reduce your stress and ultimately lead to getting more accomplished.

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AC Peers provides a 10 lesson Study Skills curriculum with activities free of charge with 1:1 tutoring sign-ups for note taking, long term assignment planning, time management, as well as pre/post diagnostics.

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