A Guide to Success in High School

Work Smart .... Study Smart!
Study Skills ...... What are they?

- Study skills refer to the *habits, routines* and *strategies* that effective learners use to help achieve *maximum reward for effort*, both at home, and in the classroom.
- Good habits and practices are much more easily developed when the learner has an attitude which values academic success ....

- and who shapes their attitudes?
Are study skills really that important in the early years of high school?

* Poor academic performance in the junior years can seriously limit opportunities and subject choices in senior.

* The habits and attitudes formed now are a major indicator to likely success in the senior years of high school. It’s a fact!
To achieve real success at school, a student needs to apply themselves consistently, both in class and at home.

Success is proportional to Effort!
Is homework really necessary? Surely six hours a day should be enough!

- Think of homework as “home practice”.

- No athlete, sportsman or musician ever achieved success without lots of practice... practice... practice!

- The classroom introduces students to new concepts, skills and challenges. The practice happens at home!
Learning Effectively in the Classroom.

- **Concentrate** and **pay attention** to your teacher. **You** need to do the work...

- ... **they** are there to help you.

- Keep a well organised notebook – **one for each subject**. It’ll be your best friend come exam time.
- Be an **active** participant. Learning is not a spectator sport.

- Add to discussions, listen to others and **ASK QUESTIONS**!

- Be **persistent**. Don’t give up when things get a bit hard. **Stick at it!**
Develop a **study plan / timetable** for homework, revision and assignments. Spread the load, and **deal with the most urgent things first**.

Have a **quiet** place where you can concentrate without too many distractions.
Don’t try to multi-task. When you’re studying, make that ALL you’re doing.

A table or desk, with good lighting and a comfy chair is important. You’ll work more efficiently than on your bed!

Have all you need on your desk ... and nothing you don’t need.
- Work on **one thing at a time**. Set yourself small, achievable **goals**, and take **short breaks** to recharge. **Reward yourself** when you finish a task.

- **Prioritize** your study, and devote **more time** to your **weakest areas**. (This can be hard to do!)
- **Revisit classwork frequently.** Don’t leave it all ‘til the end. When revising, the key thing is, *little bits ... often!* (not a big cram-session the night before an exam!)

- Break big tasks down into little, bite-sized pieces. *How do you eat an elephant? ...*

- *One mouthful at a time!!!*
Most importantly ...

Put things down on paper!!!

- Writing definitions and key words; summarising main points and drawing labelled diagrams *forces your brain to process the information* (unlike simply reading from your notes or textbook).
Believe in your ability to succeed!!!

“Whether you think you can, or whether you think you can’t …………….. you’re right!”

Henry Ford