

# MOUNTAIN SIDE MAVERICKS

## Mavs Study Skills

### Preparation and Routine:

- Plan to do homework or studying every day.
- Set a time limit for how long you will study or do homework at any one time.
- Take breaks! For every 50 minutes of homework or study time, take a 10-minute break. Move, get out in nature, or be active during these breaks.
- Have a place that is your study and homework spot.
- Utilize study and homework sessions at school.
- Have a snack. Studying takes energy, so give your brain some fuel!

### Mindsets:

- Be Positive
- Set a goal for the homework time each day. For example: what one thing do you for sure have to get done during this time?

### Behaviors:

- Homework: have a strategy for which homework to work on first. Some students start with the shortest assignments first. This helps them feel accomplished, and encouraged to do more. Other students start with the bigger/longer projects when they feel like that have more energy and can be more productive. Choose the strategy that works for you and stick with it!
- If your mind is wandering, or you feel like you can't focus, go do a small task or chore. This will get you moving and that momentum can help you re-focus on your homework when you come back to it. Tasks could be: clean your room, make your bed, organize your binder or backpack, etc. Keep the activity to 10-15 minutes.
- For studying: start by reviewing your class notes. Make sure to work with the notes in a new way. Examples: make flashcards of key vocabulary in your notes, highlight key points and then write a summary paragraph at the end of your notes, add questions for anything that is unclear to you and make sure to ask your teacher about it next class period. Next, re-read any class materials (text book, novels, articles, etc.) and add information to your notes. Maybe you find more vocab words, or more key points, or an answer to one of your questions that you can add to your notes.

### Resources:

- Have a dictionary, calculator, and scratch paper nearby when studying and doing homework.
- Have 1-2 people you could call/text/talk to with questions about homework.
- Know which websites offer high quality tutoring/information support. Your counselor or teachers would be the best resources to find out about these!