

News From Your School Psychologist

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It will soon be time for PSSA testing, midterms, and final exams! What a better way to prepare than to master your study skills!

Study Skills

What are Study Skills?

Study skills are an array of skills which tackle the process of organizing and taking in new information, retaining information, or dealing with assessments. Study skills can often be a struggle for students throughout their academic years, if not properly developed. Each individual needs to develop their own personal approach to study and learning in a way that meets individual needs. As you develop your study skills, you will discover what works best for you and what doesn't.

In developing study skills, you will quickly learn that study skills are not subject specific, meaning that study skills you utilize for English Language Arts can also work for Social Studies, etc. However, developing study skills comes with trial and error. Therefore, practice and keeping an open mind to new skills is beneficial. Researching methods or talking with peers about their study skill methods can be a helpful way to expand your knowledge of skills and rule out what does and does not work for you!

Study skills are necessary life skills that are used beyond the role of student. For example, organizational skills, time management, prioritizing, problem solving, and self-discipline are all skills that make a model employee. Additionally, you may be required to study materials for your role or learn a new task. Understanding how you learn and retain material is needed to remain motivated and ensure success.

Study Skills

Know the Study Cycle

BEFORE CLASS

- Use your syllabus to identify sections to be covered in the next class/lecture.
- Take 10-15 minutes to look over chapter headings, keywords, & chapter summary.
- Formulate questions you want to ask and answer during class



DURING CLASS

- Use an effective note taking system.
- Listen to find answers to your questions.
- Include what the professor says in addition to material on the board.
- Leave space in notes to add material later



AFTER CLASS

- Review - Read notes and text material to fill in gaps.
- Synthesize - Summarize your learning in a few sentences.
- Question - Clarify questions using resources such as instructor or tutor.
- Connect - Link new information with previous learning



STUDY

- Develop concept maps, charts, tables, or diagrams.
- Practice problems without looking at the steps in your text or notes.
- Explain ideas aloud (to self or others).
- Challenge yourself to apply knowledge to problem-solving.



TEST

- Arrive early to minimize anxiety.
- Get an overview before you begin.
- Read directions carefully.
- Keep track of your time.
- Practice relaxation & positive self-talk.

Tips for Studying

- Plan your time
- Fine tune your note taking skills
- Study in a quiet environment
- Explain a difficult topic to a friend
- Join a study group
- Make lists with goals to accomplish
- Organize your study station
- Take a break



Maximizing Study Time

Reading is not studying. Have you ever read a chapter or even a paragraph and contemplated what you just read? To ensure you are engaged with the content, highlight important details, draw diagrams, and quiz yourself on what you are reading.



Space out your study sessions. Cramming for a test does not ensure success. Instead, you are likely to retain the information better when you eliminate the stress of last minute anxiety.

Be intense. Short, frequent, intense or really focused study sessions are more powerful than lengthy, drawn-out cram sessions. Work hard - not long. Short, scheduled sessions with a definite beginning and end will help you to stay focused on the task at hand. Set a timer for 30 minutes!



Shhhh... For some, a quiet location is necessary to focus, while others may need some background noise or relaxing music while studying. The trick is to know yourself. Know what works for you and what doesn't work for you. Let's admit it - studying in front of the TV really doesn't work for anyone.

A+ Study Apps



KHAN ACADEMY



EVERNOTE



MY HOMEWORK
STUDENT PLANNER



QUIZLET



MEMRISE



KAHOOT



CHEGG STUDY



SHMOOP

SQ4R Method

The letters in SQ4R stand for five steps: **survey, question, read, reflect, recite, and review.** These steps will help you gain more from what you read and be better prepared for quizzes and exams. In other words, you will maximize the return on your time investment for reading!

SQ4R Method - Try It Out!

Directions: Select a chapter from one of your own textbooks. Choose a chapter that has been assigned by one of your instructors or one that has a good chance of being assigned soon. Read the chapter using the SQ4R reading-study system. Use the following SQ4R worksheet to get started.

S-Survey Read the title of the chapter, the introduction, each boldface heading, the summary, and look at any pictures or graphs included.

1. What is the chapter about?
2. What major topics are included?

Q-Question Turn the first heading into a question.

R-Read Read the material following the first heading, looking for the answer to your question.

R-Recite Reread the heading and recall the question you asked.

R-Write Briefly answer this question in your own words without looking at the section.

Check to see if you are correct. Continue using the question, read, recite and write steps until you have finished each part in the chapter. Then complete the review step.

R-Review Look over the total chapter by rereading the headings. Try to answer the question you made from each heading.

Answer to Question 1: _____

Answer to Question 2: _____

Group Counseling

Round 2 of groups are in full swing. Current groups include:

- Self-Control
- Feelings and Coping Skills
- Goals and Motivation
- & More!

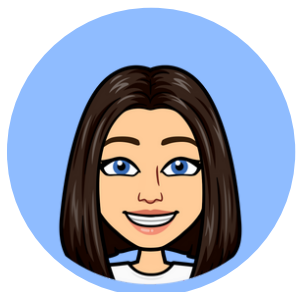
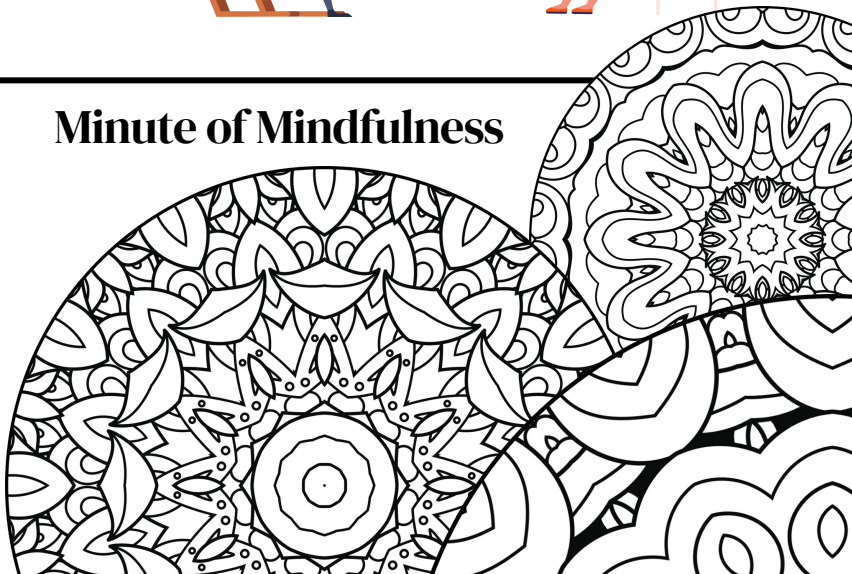


Individual Counseling

If your student is in need of direct service, please contact Mrs. Huff or Miss. Synoski to further discuss individual session.



Minute of Mindfulness



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