**Science Study Techniques**

1. **Review every day.** 
   * Take responsibility for your actions – decide on your priorities and how to use your time and resources.
   * Figure out your most productive times of the day - study when you are most alert and fresh.
     + If you study when you are tired, you are not as likely to remember.
     + Study the hardest material, or the material with which you are less familiar first
   * Go over the class material as soon as possible and again eight hours later.
     + Summarize your notes (to about ½ to 1/3 the actual size)
     + Write down any terms you do not understand and find out their definitions
     + Dig through the diagrams and charts – try to get what point they are making
       - Redraw the diagrams and charts yourself. That helps you remember them.
     + If you get lost or bored, TALK TO YOURSELF! – stop at the end of each paragraph to say aloud what it was about.
   * Study in smaller chunks
   * Set specific time limits on your studying
     + Take breaks, either
       - 5 – 10 minutes every 20 to 40 minutes of studying, or
       - 10 minutes for every hour of studying.
       - Stop if you feel overwhelmed
   * Review early for tests
2. **Know and understand all your terminology and concepts.**

* Make 3”x5” flash cards to help you memorize them
* Write up summary sheets of terminology and concepts
* Create visual aids or other tools (silly rhymes, mnemonic devices) that will help you learn and remember the material.
* Create concept maps of important ideas and relationships.
* Look for relevant examples. Some scientific concepts can seem complicated, however, find examples of how they work in practice in everyday life.

1. **Brain food!** Before you study for a test or exam, eat some of these foods – they have been proven to help you remember more.

* Apples, pears, grapes, raisins, peaches, turkey, fish, lean beef, broccoli, and nuts (especially peanuts).
* You can also drink low-fat milk and eat low-fat yogurt
* Stay away from food or drinks that are high in sugar (candies, sodas, energy drinks)

1. **Read over the topic or chapter from the textbook before going to class.**
2. **Attend all classes and be an ACTIVE listener.**

* Ask questions before, during, and after class
* Notice when you first do not understand the material and seek help immediately

1. **Study with a group of students from your class.**

* Members of a group will point out material that you may have missed.
* Several people’s input will give a more comprehensive picture of what needs to be studied.
* At the same time, don’t allow yourself to become distracted by friends and fellow students.

1. **Explain aloud to another person what you are learning.**

* Describe in your own words the SIMILARITIES and DIFFERENCES between the different concepts you are learning.
* Read your notes or tests onto a cassette or CD so it can be read back to you
  + - Listening to the notes or text in the background can increase retention of the subject matter.

1. **Create sample test questions and sample tests for yourself.**

* Create a study checklist – you can see what you do and what you do not know
* Give yourself timed tests similar to those you expect in class. Practice, practice, practice!
* Review the types of errors you make and types of questions that cause you difficulty – give yourself more practice in these areas.

1. **Have a friend or family member quiz you on your notes and text information.**

* Done regularly, this commits more information to long-term memory.

1. **When writing a test:**

* Come prepared for your test
  + - * Bring pens, 2 – 3 pencils, paper, eraser, ruler, calculator, and a bottle of water
      * Dress comfortably, and in layers in case the room is too cool or too warm.
* Be on time or early
* Don’t try to read too much into a question – be objective!

1. **Once you have completed the test or exam:**

Go back over it.

Check to be certain you have answered all the questions

Check over the answer sheet to be sure that you put the correct answer with the correct number

Check your spelling, punctuation, and grammar