



Academic Support Center

Tips for Academic Success

✓ Take good notes in class.

1. Use a notebook or your iPad to take notes on important information during class. You don't need to write down word-for-word what a teacher says in class. Rather, you should try to pick main points and ideas that will help you remember the additional information when you look back at your notes.
2. Use teacher's lecture notes and powerpoints whenever available. This way, you can just write notes in addition to what the teacher is going over in class rather than trying to write everything they say.
3. If possible, try to take your notes in outline form. This allows you to follow the organization of ideas.

✓ Be attentive in your classes.

1. It can be difficult in some classes more than others to stay alert and attentive. However, the more attentive you are in class or study time, the more likely you are to retain information.
2. If you're feeling particularly tired or inattentive, get some water or stretch your legs. A small break can help to refocus your attention.
3. Ask questions of your teachers in class if you don't understand something or need clarification. This benefits you, other students in the classroom, and demonstrates to your teacher that you are engaged and participating in class.

✓ Keep up on your homework and reading assignments.

1. In preparation for classes, you need to learn to be responsible for your own homework and reading assignments. Teachers will not always have the time in class to explain what happened in the previous day's homework or reading. They will expect you to do this work on your own, ask if you have questions or concerns, and be able to learn additional information in the next class.
2. Highlighting or taking notes while reading is helpful and can increase your understanding. Also, it will be significantly easier when you go back to study the text if you have notes and highlighting to refer back to that indicates important points.

✓ Do not leave papers, projects, and test studying for the night before.

1. "A" level papers, projects, and tests are not accomplished in one night. It is difficult to accomplish the necessary preparation in one night. When teachers give you several days or weeks to prepare, you need to take advantage of the time. Chances are if they give you two weeks to complete a paper, it is because it generally takes students who did well on the paper two weeks to write the paper.
2. Use the amount of time your teacher is recommending for the work. When needed, ask your teacher, tutor, Mrs. Lynch, Br. James, or someone at home to help you break down large assignments and projects into smaller pieces. Then, determine an amount of work you will do each day instead of cramming it all into one or two nights.



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✓ **Know your study strategies.**

1. Figure out what study strategies work for you when it comes to exams, tests and quizzes. This may be using flashcards, having someone at home quiz you, re-reading and taking notes/highlighting, or other strategies. Regardless of what strategies you use, you will do better on the actual test if you study over the course of several days.
2. If you aren't sure what works for you, try them all. You will find out by trying things if they are helpful to you or not. If you want to talk about your learning style and strategize how to best study, come see Mrs. Lynch or Br. James.

✓ **Make notecards and/or flashcards on a regular basis.**

1. For your most challenging 1 or 2 classes, making notecards or flashcards of key ideas/concepts can be helpful when a cumulative exam comes along. This means that EVERY DAY, you should summarize that day's information on a notecard and keep these notecards/flashcards together with a rubber band or in a small box. Once a week, you should briefly review all the terms/concepts you have added that week. When the cumulative exam comes, you will have been preparing and reminding yourself of this information throughout the semester.

✓ **Take care of yourself.**

1. You can't be an effective and engaged learner if you are not taking care of yourself. This means engaging in self-care and listening to your body. Eat well, do some physical activity, and make sure you get enough sleep EVERY night (you should sleep 8+ hours).
2. A well-balanced schedule will make you more successful and happy.