

# 7

## Steps to an A: Study Tips for High School Students

# 1

**Keep up with your classes throughout the semester.** Studying and working as you go can keep you from stressing before exams and performing poorly. Avoid cramming the night before an exam!

# 2

**Stay organized.** Keep track of when assignments are due, test dates, club meetings and other school happenings. Your school may even provide you with an agenda to help you keep everything straight. If so, use it!

# 3

**Learn how to take effective notes.** It is best to avoid writing a teacher's lecture down word for word. Record important points and main ideas in your notes and use shorthand and abbreviations so that you can take down all of the information you need.

# 4

**Sleep.** High school is a busy time with lots of responsibilities, but try to get sleep each night. You will perform your best after a good night's sleep!

# 5

**Make flash cards to study and quiz yourself on material.** Do you need to memorize formulas for algebra or chemistry? Do you have a vocabulary test coming up in Spanish? This is a great way to memorize the information!

# 6

**Study solo.** Studying with friends can easily become more of a "hang out time" than a study session if you don't stay focused. If you have a big test coming up and need to work, doing it on your own may be best, unless you and your friends can concentrate on the task at hand.

# 7

**Ask for help!** If you don't understand a concept or are having a hard time in class, don't be afraid to ask for assistance from the teacher, a mentor or a tutor.