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**Tips for Success in School**

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**Before class:**

* Read the material that the teacher will be covering - objectives and explanations.
	+ *Not only will this get you studying proactively, but it will also make the lecture make much more sense.*

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**During Class:**

* Sit in the front
* Stay awake
* Ask questions
	+ *Interacting with the material that is being taught and being an active learner helps you understand and remember.*
* Take notes in colour
	+ Use different colours for titles, subtitles, examples and drawings![C:\Documents and Settings\rancesg\Local Settings\Temporary Internet Files\Content.IE5\9CBD2KH7\MCj04414280000[1].png](). *This will assist you in memorizing and make your notes much easier to look at when you review.*
* Have a section to write in possible exam questions and topics that the teacher emphasizes
	+ Your margins can be a great place for this!

**After Class:**

* ![C:\Documents and Settings\rancesg\Local Settings\Temporary Internet Files\Content.IE5\GAVBY00I\MCSY00333_0000[1].wmf]()Use your break to do a **5 minute flash review** - t*ake five minutes to read through the notes you have written down.*
* A quick 5-minute review makes you remember a lot more from the class. It also gives you the opportunity to synthesize what you have learnt in class and to fill in any information you did not get a chance to write during the class
* **Recite within twenty four hours** (if not 70% of what you have learnt will be lost)
	+ This can be done by speaking, writing or silently reviewing answers to questions in **your own words**
	+ *You can do this on the bus on your way home, or while telling your friends or family about your day.*

**During study time:**

1. **Organize material into charts**
	1. Can compare similarities and differences between topics easily
	2. Great for identifying structure vs. function
2. **Make concept maps**
	1. *This helps you to connect ideas, which biology emphasizes; it also allows you to keep all of your notes on less paper for easier review.*
3. **Make Flash Cards**
	1. *These are easy to take with you to study on the bus and you can remove the ones you know to make review progressively easier.*
4. **Give Yourself Post-It Note Quizzes**
	1. ![C:\Documents and Settings\rancesg\Local Settings\Temporary Internet Files\Content.IE5\DYVLT2AB\MCj04238400000[1].wmf]()For objectives that you are having difficulty with, make up questions on sticky notes with answers on the back that you can post around your house (on mirrors, on your study table, beside your bed) so that you can practice these difficult objectives regularly.
5. **Have review sessions with a friend or group**
	1. *It’s okay to have a laugh, it assists you in memorizing.*
6. **Use mnemonics**
	1. *This is very useful for remembering lists (eg. Steps of mitosis, roles of protein).*
7. **Make a story**
	1. *There are several longer processes in biology such as the route of blood, It is easier to remember these as a story like “The Magic School Bus” has done for us in the past.*

Examples of Study Techniques:

**1. Charts:**

|  |  |
| --- | --- |
| **Structure** | **Function** |
| **Heart** | Receives de-oxygenated blood and pumps oxygenated blood through the body |
| **Lungs** | Allow for gas exchange of oxygen and carbon dioxide to and from bloodstream |
| **Arteries** | Carry oxygenated blood from the heart to cells |
| **Veins** | Carry de-oxygenated blood from the cells to the heart |

**2. Concept Maps:**

**TIP**: if you are a visual learner, adding pictures to these concept maps may be very helpful!

**3. Flash Cards:**

|  |  |
| --- | --- |
| **Front:**-Characteristics of a Desert | **Back**:-very dry-hot or cold- nocturnal species (desert fox, mice ext.)- plants use adaptations to absorb water quickly and store it - animals that are awake during the day use behavioral adaptations such as licking fur to cool off or hiding under trees |

Go through your pile of flash cards- put the ones you get wrong in one pile and continue to review until you can get all of them

**6. Mnemonics:**
**Acronym mnemonics:**

|  |  |  |
| --- | --- | --- |
| **Information Set** | **First Letter of Each Term** | **Easy-to-Remember Word** |
| 1. Brackets
2. Exponents
3. Division
4. Multiplication
5. Addition
6. Subtraction
 | BEDMAS | BEDMAS |

 **Acrostic Mnemonics:**

|  |  |  |
| --- | --- | --- |
| Information Set | First Letter of Each Term | Memorable Sentence to replace each term |
| 1. North
2. East
3. South
4. West
 | NESW | NeverEatSoggyWorms |

**TIP**: The more **funny** and **outrageous** an acrostic sentence is, the easier it will be to remember! Rhyming also makes an acrostic easier to remember.

1. **Make a Story:**These take time- but a story is far easier to remember than individual facts.

*Eg. To remember what ways Inuit were able to use technology to survive in the Extreme conditions of the Arctic.*

Once upon a time Sally had a dream that she was living in the arctic. She was very confused when she woke up to a dome of ice over her head with a small fireplace beside her rather than to her large bed she was familiar with at home. Her mom came into the snow house saying it was time for their morning walk, and she watched her mom put on what she called snowshoes. They weren’t like the runners she was used to lacing up in the morning. Instead they were bent pieces of wood with crisscrossed pieces of animal hide. Sally was amazed when she stepped outside and was able to stand on the snow rather than sinking down.

As Sally and her mom were out for their morning snowshoe, she saw her dad pass by being hauled in a sled by a bunch of dogs! He said he was off to the fishing grounds to get us dinner for tonight. He was wearing large parka made from animal hides and fur to keep warm and something that looked similar to sunglasses on his face. Her mom said they were made of bone with a small slit to prevent Dad from getting snow blindness.

When it got dark that night, and it started getting even colder than when the sun was up, we turned on the oil lamp for heat and to cook up a delicious dinner.