



# 5 WAYS TO ROCK YOUR TEST

Turn off your cell phone



**#1** Go over your class notes **EVERYDAY**. Re-read them. Quiz yourself on the important people, facts, and ideas. **MARK** the facts, people or ideas you don't understand or can't quite remember. **ASK** your teacher for help with what you don't understand.



Just make sure I'm friendly first...

**Teach it.**

Use your notes and explain the event to a friend, your parents, your cat...

**#2**

If you find yourself singing along, it's time to find a new playlist or to turn it off.

**S - P - A - C - E** it out.

Set a daily study limit. Spending hours and hours trying to cram information into your brain doesn't work. Neither does staying up late the night before. **HOWEVER**, it does actually help to read through your notes right before you fall asleep.

**#3**

Get a good night's sleep.

**#4**

**WRITE IT**, Don't type it. Writing information down on paper actually helps you remember better than typing it. Want to really make your brain happy? Use different colors to color-code your notes. You can use one color for important people, another color for vocabulary words, one color for causes, another color for effects, etc..

**#5**

**ORGANIZE IT.**

Organize the information you need to know into lists, outlines, timelines, mind maps, and graphic organizers.

Eat a good breakfast.

