

Study Strategy - SQRW

- Survey = check out what you are about to read. Read the titles, subtitles, captions, maps, bold-print words, etc. This helps get your brain ready for what you are studying.
- Question = turn titles and subtitles into questions. Write each question down on an individual post-it note and place in book.
- Read = read one section at a time.
- Write = during and after completing a section, answer the question on your post-it note. Feel free to add any additional information...and more post-its.

Complete this process for the entire chapter and now you have notes for the test!

Some Quick Notes about Test Taking

Before the test:

- * Don't cram the night before.
- * Be physically prepared.
- * Visualize your success!
- * Arrive in a positive mood.

During the test:

- * Read the directions slowly.
- * Read ALL of your choices before making a decision.
- * RELAX!!! Take deep breaths, roll your shoulders and squeeze & release your toes for circulation.
- * Complete the easiest questions first.

After the test:

- * Remember what worked and change what didn't.
- * Celebrate your success!

Some Helpful Websites

www.teenshealth.org

www.how-to-study.com

<http://www.studygs.net/index.htm> available in multiple languages