



Study Skills

Vista Grande High School
Social Emotional Learning



Questions To Think About Before the Video

- What are 2-3 study habits you have right now?
- What are 2-3 study tips you can take away from the video that will help you become better at studying and more successful on tests?

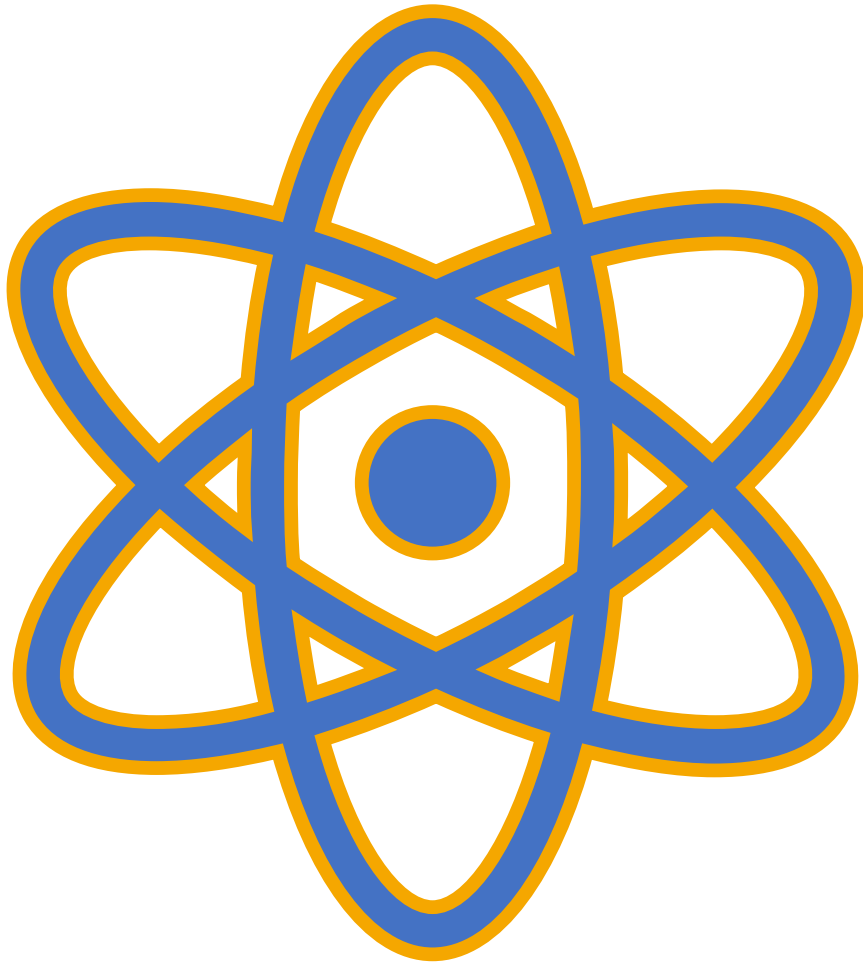
THE **9** BEST
SCIENTIFIC
STUDY
TIPS



Debrief Questions

- What are 2-3 study habits you have right now?
- What are 2-3 study tips you can take away from the video that will help you become better at studying and more successful on tests?





Warm Up

On test day, how do you
feel???

A photograph of two men sitting at a desk with papers. The man on the left is wearing a black tank top and is looking down at a paper, writing with a pen. The man on the right is wearing a grey t-shirt and is looking towards the camera with a slightly open mouth, appearing to be speaking or reacting. The background is a plain, light-colored wall. Overlaid on the image is the text 'EXAM ANXIETY'. 'EXAM' is in black, bold, sans-serif font, and 'ANXIETY' is in red, bold, sans-serif font with a white outline. The text is centered horizontally and partially obscures the men's faces and the papers on the desk.

EXAM
ANXIETY

Debrief

- What are some things you can do to relieve test day anxiety? Can be from the video or something you do that works for you.





Test-Taking Strategies

- Be prepared ... and then relax
- Develop a plan on how to approach the test.
- Read ALL your answer choices.
- Mark questions you want to return to
- Increase your odds with multiple choice
- Look for key words in True/False questions
- Check your answers, but don't spend too much time second guessing yourself
- Go over previous tests and quizzes