

## Handling the rest...

11. Get ready the night before to save time and feel more prepared.
12. Avoid noise distractions. Eliminate noise to create a good study environment.
13. Get rid of "Interrupters" Who is constantly breaking your concentration? Tell them!



Avoid all unnecessary distraction!

## Life after High School class

Term 1, Period 4

Teacher: Mrs. Mamou-Salinas

## Study Skills



## 13 Ways to Get the Most out of Now

▶ Time Management Techniques

Team Husky

## ▶ When to Study

1. Study Difficult/Boring Subjects first. You're more alert when you first start your work



You learn better when you're alert!

2. Be aware of your best time of the day. That is the best time to do your work.
3. Use waiting time to study. If you're waiting for a ride, use that time for homework and studying.



## Where to Study

4. Study at the same place. Train your mind and body to focus by being in your "homework place".
5. Study in a place where you won't get distracted. In front of the TV is distracting and you get sleepy in your bed.
6. Use the library. It has a lot of useable resources, the lighting is good and it is always quiet.



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7. Pay attention to your attention. Stop working when you daydream. Phones are big distractions!
8. Agree with family members about when "study time" is.
9. Turn your phone OFF. You won't be distracted by texts and calls.
10. Establish a daily routine and avoid people that interfere with your schedule.

