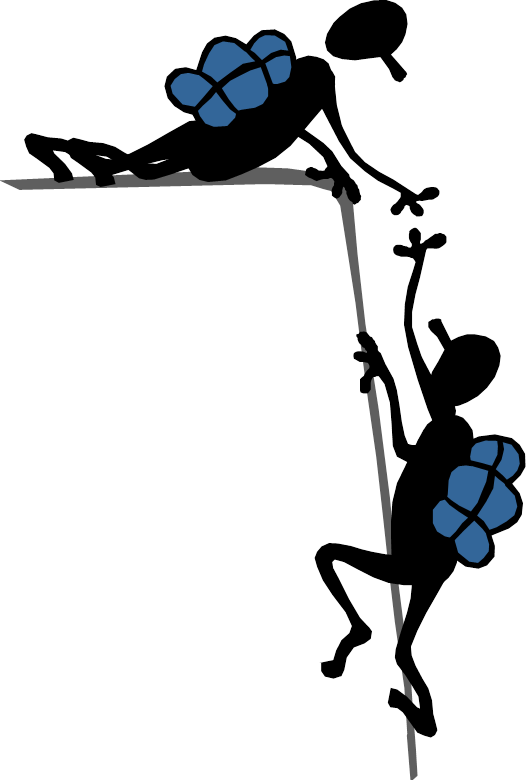
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Scholarships

FCCLA

Jalynn Barton and Shyann Nuckols

CSU

PARENTS

RELATIONSHIPS

ATHLETICS

FBLA

GRADES

FRIENDS

GRADUATION

ART

CREDITS

BAND

BETA

….HOW AM I SUPPOSED TO STUDY??!!!!

|  |  |  |
| --- | --- | --- |
| Kinesthetic learners: • | Visual learners: • | Auditory learners: • |
| Paces back and forth. | Ignores oral directions. Asks for repeated directions. “What did you say to do?” | Loves to talk and listen. |
| Folds paper when told to make columns. | Child can follow instructions better after shown rather than told; will watch other students to see how they are following directions. | Reads aloud. |
| Rocks in chair. | Looks to see what others are doing. Child learns best with visual clues, pictures, etc. | Uses finger to read. |
| Shakes leg. | Gets the words to a song wrong. | Doesn’t do well with charts and graphs. |
| Taps pen, pencil, etc. | Turns the radio or TV up loud. | Needs words to go with cartoon. |
| Reaches out to touch people or things. | Very good speller. | No visual or word recall. |
| Grabs the door frame to “Fling” themselves in a room. | Writes lots of notes. | Can’t draw without something to copy. |
| Does not trust their eyes or ears until they have touched it. | Watches speakers mouth, child may watch teacher intently to observe visually. | Can’t use maps, needs oral directions. |
| Is considered hipper and hard to be still. | Doesn’t like to talk on the phone, likes to see person. | Can’t stand silences, needs to talk and needs you to talk. |
| Tends to collect things. | Goes off into “another world” when lectured to. | Child learns best by listening. |
| Tears or breaks up toothpicks, straws, wads napkins, etc. | Does well with charts and graphs | Doesn’t do well with symbols. |
| Takes things apart, puts things together. | Child learns by sight approach to reading, etc. | Cannot learn by sight method in reading, etc. |
| Takes more than one shower sometimes even if they’re not smelly. | May not be able to follow oral directions. | Often repeats things heard, especially in learning to read. |
| Tends to interrupt. | Child may move lips while reading. |  |
| Talks fast and usually use hands to talk. | Attends to irrelevant sounds. | Difficulty seeing words as whole words. |

What are some characteristics of all the learning styles? Circle which learning style you are.

Resources: Alabama ACLD Newsletter, fall 1987

Edwin S Ellis, The LINCS strategy, edge Enterprises, Inc.

**What kind of learner are you?**

Well, if you don’t know, here’s a simple test you can take to find out which kind of learner you are… \*Check any that apply to you!

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Check  Here | Visual/Spatial (picture smart) | Check  Here | Tactile-Kinesthetic (Body smart, hands on) | Check here | Verbal (word smart) |
|  | When I close my eyes, I can see clear visual things. |  | I usually participate in a least one sport or physical activity regularly. |  | I really enjoy books |
|  | I’m responsive to color. |  | I find it difficult to sit still for long periods of time. |  | I hear words in my head before I write, read, or speak them. |
|  | I often use a camcorder, camera, etc. to record my surroundings. |  | I like working with my hands (sewing, carving, taking things apart, etc.) |  | I remember more when I listen to the radio, ITunes, etc. rather than TV or films. |
|  | I enjoy visual puzzles such as mazes, jigsaw puzzles, and 3D images. |  | I frequently get insights or ideas when I am involved in physical activities, such as walking, swimming, or jogging. |  | I enjoy word games such as crossword puzzles, Scrabble, anagrams, password, etc. |
|  | I often have vivid dreams at night. |  | I enjoy spending my free time outdoors doing something. |  | I like puns, tongue twisters, nonsense rhymes, and double meanings. |
|  | I navigate pretty well in unfamiliar places. |  | I tend to use gestures and other body language when engaged in conversation. |  | English, Social studies and History were easier subjects for me than math and science. |
|  | I often draw or doodle. |  | I need to touch or hold objects to learn more about them. |  | I like to read the billboards and signs, & notice them more than the scenery along the road. |
|  | Geometry is easier than algebra. |  | I enjoy dare-devil activities, like parachuting, bungee jumping, and amusement park rides. |  | I often refer to things I have read or heard in conversation. |
|  | I can imagine what something would look like from a bird’s eye view. |  | I am well-coordinated. (quick or skillful in action or thought) |  | People often ask me the meaning of words. |
| ` | I prefer reading books, newspaper, magazines, etc. that have many illustrations. |  | To learn a new skill, I need to practice with it rather than simply read about it or watch it being performed. |  | I have written something recently that I was proud of, or that was published or recognized. |
|  | Total checks in Visual- |  | Total checks in Body/kinesthetic- |  | Total checks in Verbal- |

Now... How can I study? Circle which learning style you are.

|  |  |  |
| --- | --- | --- |
| Tips for Kinesthetic leaners; | Tips for visual leaners; | Tips for auditory learners; |
| Use flashcards, write the question down on one side and the answer on the other, have someone quiz you. | Copy down as many diagrams and charts and you can. You can ask the teacher to label them properly on the board for you. | Ask questions during a lesson, since you’re an auditory leaner, hearing the answer will help you. |
| Take short breaks in between studying, but don’t make your break longer than your study period. Study for about 20 minutes and then take a 5 minute break. | Look in your textbook, write down as much information as you can. | Watch videos, YouTube could help you a lot. Make sure that the video is explaining the subject out loud so that you can hear it, instead of just seeing it. |
| Study with other people, but stay focused while you study. | Watch videos, YouTube.com is always a good site to find videos to study. | Repeat what you read or hear out loud to yourself. |
| Do something while you study, such as tap a pencil, or squeeze a stress ball, etc. | Use highlighters, they will make the information bright and pop, which helps visual learners. | Avoid any auditory distractions. |
| When studying with other people, let the people know to use examples with you, Kinesthetic leaners tend to learn better with examples. | Use flashcards, visual learners can quiz themselves or have someone else quiz them. | Make a rhyme or a song to help you study. |
| Make a detail flashcard, write down the word of the thing you’re studying and then write a list of details for that word on the back. Have someone quiz you, or you could quiz yourself. | If you’re watching a video in class, try to write down notes to help you. You can ask the teacher to rewind the video if you need them to. | Have your parents ask you questions out loud and try to teach your parent what you learned, It will help you comprehend what you learned more. |
| Make a studying game, such as kicking a ball back and forth while someone quizzes you. | If you’re listening to a speech in class, write notes to help you. You can always ask the teacher to repeat something. | Record yourself saying your notes, so that you hear the notes and can comprehend them more. |

Information gathered at.. http://www.thestudygurus.com/

Follow these steps to get better grades-  
Circle which learning style you are…

|  |
| --- |
| Auditory learners- |
| Step 1. Put your pencil down and simply listen to someone **Say a word or important trigger word (HOMES) or you read the word or trigger word out loud.**  Step 2. Pause 5 seconds and say the word again and write the word down. If you got it correct you are ready to add the next word.  Step 3. Repeat the above steps until you have your material “Memorized” If you can’t remember a word back up to the ones you do know and begin again adding to your memorized material. Set a time limit (30 minutes?) and see how much you can get done! |
| Take a break-Stretch, walk around the room, do a chore, etc. |
| Do not watch TV, Play video games, talk on phone. You will lose track of time. |
| Visual leaners- |
| Step 1. Select a paragraph or a couple of trigger words. (HOMES) Look at the paragraph or trigger words for approximately 30 seconds-1 min. Cover the paragraph or words. Then ask yourself what you just covered and write that down on paper.  Step 2. Uncover the paper and check if you got it correct. If it is correct you are ready to add the next word.  Step 3. Repeat the above steps until you have your material “Memorized” If you can’t remember the paragraph or word, back up to the ones you do know and begin again adding to your memorized material.  Set a time limit (30 Minutes?) and see how much you can get done! |
| Kinesthetic Leaners- |
| Step 1. Select a paragraph or trigger word. Write it down 2-5 times on paper.  Step 2. Pause 5 seconds and write the paragraph or trigger word (HOMES) down. Check to see if you got it correct if you did you are ready to add the next word.  Step 3. Repeat the above steps until you have your material “Memorized” If you can’t remember the paragraph or word, back up to the ones you do know and begin again adding to your memorized material.  Set a time limit (30 minutes?) and see how much you can get done! |
|  |

Flip over for ways to memorize tests:

Techniques to memorize lists for tests; follow these steps!  
Circle your learning style…

|  |
| --- |
| Technique 1- lists:   1. Write the words to be learned down. (Example; Coffee, Erasers, Egg rolls, Pop tarts, etc.) Study the list for 1 minute. 2. Write down the first letter of each word on the list in alphabetical order, or make a word from the list or group together as it helps you remember. (Example: C, e, e, p, or P, e, e, c.) 3. Study the letters and use your learning style to help you remember the letters. 4. Say or write the letters from memory three times. 5. Write the correct word that goes with the letter. Practice this at least 3 times before moving on to new material. |
| **Make up a story about the letters to help you remember the letters.**   1. My Very Excellent Mother Just Served Us Nine Pizzas?   M, V, E, M, J, S, U, N, P.  (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto)   1. HOMES?   Lake Huron, lake Ontario, lake Michigan, lake Erie, lake Superior.  HOMES. |
| Technique 2- Essays or Open Responses:  (Paragraphs need to be broken down into steps) (Forget the (the’s), (a’s), (in’s))  Underline trigger words and then do first letter memorization   1. Five ways to help prevent heart attack and stroke 2. After age 40, get a medical checkup every year. 3. Do not smoke. 4. Keep your weight down. 5. Exercise moderately and wisely. 6. Get sufficient rest.   First letter would be (a, s, w, e, r) rearrange letters to help you remember.  Example- aswer or swear letters.  Look at a letter and write or tell what each letter represents. Do this 3 times to memorize. |

You gave just memorized a whole paragraph by using 5 words! In less than 10 minutes! Come by my office if you need help studying using your learning style. Bring your study guide or notes. ☺Mrs. Stroud

|  |  |
| --- | --- |
| ------  Do you want better grades? | Check off all the study habits that would help you! |
|  | Use online flashcards or games (Quizlet.com is a good flashcard/game website.) |
|  | Get Email and/or cellphone alerts for school activities. |
|  | Remember- You can succeed! Tweak how you are doing things! |
|  | Grades are your paycheck! |
|  | You are your own boss. Don’t depend on others to tell you to do your homework or memorize material. |
|  | Use your time management sheet to find a good time to study |
|  | Set yourself time limits to study- How much can you get done in 30 minutes |
|  | Put your name on all belongings and have paper and pen with you |
|  | Ask what an unfamiliar word means? During class or after. |
|  | Keep your notebooks and homework papers neat. |
|  | Don’t put off assignments. Do immediately or a little each day. Develop a routine to study. |
|  | Don’t just get by to get adults off of your back- Always give 100% You are practicing for your boss in 4+ years. |
|  | Admit what you don’t know and “Find” Someone to help |
|  | Ask questions and participate. Helps you to remember stuff on tests. |
|  | Plan, prepare, proceed, progress??? Have a plan and stick to it. See Mrs. Stroud. |
|  | Ask teachers and parents what you need to do to improve. Take their comments seriously. |
|  | Be sure you understand what the assignment is, If not, go to tutoring or ask a teacher how to complete assignment. Don’t blow off missing assignments. They don’t just go away, they grow! |
| **------** | **Studying and taking a test:** |
|  | Keep your eyes on teacher during note taking in class. Friends are great but distracting and will lower your grade. |
|  | Memorize your notes- one small piece at a time. Keep adding to your notes learned. Memorize for 30 minutes and take a 5 minutes break. No TV, video games, or phone until all is memorized. That can be your reward. Music is allowed but no lyrics. |
|  | When taking the test, read and follow all directions carefully. It is okay to make marks or notes on test to help you remember material. |
|  | Do the easy parts first! If you come to something you are not sure about, mark it by making a check mark by that part and come back to it after you have answered the parts you do know. Getting stuck can make you miss the answers you do know. |
|  | Read questions carefully to make sure you understand what you have read. |
|  | Reread, proof all rest questions and make sure you haven’t skipped a question. Find all check marks and make an educated guess. |
|  | Never leave anything blank on a test. You have a chance of getting a point or two. Teachers sometimes might give points for effort. |

Multiple Intelligences and careers

(Other ways to help you get better grades, Circle the area(s) that fit you, see Mrs. Stroud for more information.)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Intelligence area:** | **Is strong in:** | **Likes to:** | **Learns best through:** | **Famous examples:** | **Possible careers:** |
|  | **Word Smart**  **(Verbal/Linguistic)** | Reading, Writing, Telling stories, memorizing dates, thinking in words | Read, Write, Tell stories, talk, memorize, work on puzzles | Reading, hearing and seeing words, speaking, writing, discussing and debating | Edgar Allen Poe, Maya Angelou, Rick Riordan, Shakespeare | Lawyer, Editor, Interpreter/Translator, Journalist, Playwright, poet, public relations, reporter, teacher, historian, librarian |
|  | **Logic/Number**  **(Logical/**  **mathematical)** | Math, Reasoning, logic, problem solving | Solve problems, question, work with numbers, experiment | Working with patterns and relationships, classifying, categorizing, working with the abstract | Albert Einstein, Steve Jobs, Bill Gates, Bill Nye | Accountant, analyst, investment, broker, lawyer, chemist, pharmacist, physician, Computer programmer, engineer, inventor, researcher, city planner |
|  | **Picture Smart**  **(Visual/Spatial)** | Reading, maps, charts, drawing, mazes, puzzles, imagining things | Design, draw, build, create, daydream, look at pictures | Working with pictures and colors, visualizing, using the mind’s eye, drawing | Leonardo Da Vinci, Frida, Diego Rivera, Georgia O’Keeffe, Bobby Fisher | Photographer, Graphic designer, advertiser, architect, artist, carpenter, cartographer, dentist, engineer, interior designer, mechanic, navigator pilot, sailor |
|  | **Body Smart**  **(Bodily/**  **Kinesthetic)** | Athletics, dancing, acting crafts, using tools | Move around, touch, play sports, dramatic arts | Touching, moving processing knowledge through body sensations | Tony Hawk, Derek Rose, Shaun White, Shawn Johnson, Felix Jones | Dancer, Coach, Athlete, Actor, equestrian, carpenter, massage therapist, magician, mechanic, physical therapist, physician, architect |
|  | **Music Smart**  **(Musical/**  **Rhythmic)** | Singing &/or playing an instrument, Picking up sounds, remembering melodies, rhythms | Sing, hum, play and instrument, listen to music, tap out rhythms | Rhythm, Melody, singing, listen to music and musical patterns | Taylor Swift, Aretha Franklin, Selena Gomez, Beethoven, Mozart | Conductor, Composer, Music teacher, recording technician, singer, sound engineer, musical performer, music critic |
|  | **People Smart**  **(Interpersonal)** | Understanding people, leading, organizing, communicating, resolving conflicts, selling | Have friends, talk to people, join groups/clubs/organizations | Sharing, comparing, relating, interviewing, cooperating | Oprah Winfrey, bill Clinton, Gandhi, mother Teresa | Teacher, Therapist, Travel agent, child care worker, coach, manager, mediator, nurse, physician, public relations, salesperson |
|  | **Self Smart**  **(Intrapersonal)** | Understanding self, recognizing strengths and weaknesses, setting goals | Work alone, reflect, pursue own interests | Working alone, doing self-paced projects, having space, reflecting | Gandhi, Stephen Covey | Entrepreneur, Consultant, counselor, Psychologist or psychiatrist, researcher, writer, trainer |
|  | **Nature Smart**  **(Naturalist)** | Understanding nature, categorizing, identifying flora and fauna | Be involved with nature, be outside, classify items/information | Working in nature, exploring living things, learning about planta and natural events | Steve Irwin, Bear Grylls. Jane Goodall, Jacques Cousteau | Botanist, chef, environmentalist, landscape artist, navigator, sailor, veterinarian, astronomer, meteorologist, zoologist |

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How can I manage my time??? You can’t study if you don’t make time!

7&8th grade:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sunday** | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 6:00-7:00 | |  |  |  |  |  |  |  |
| 7:00-8:00 | |  |  |  |  |  |  |  |
| 1st period  8-8:45 | |  |  |  |  |  |  |  |
| 2nd period  8:50-9:35 | |  |  |  |  |  |  |  |
| 3rd period  9:40-10:25 | |  |  |  |  |  |  |  |
| 4th period &Homer.  10:30-11:30 | |  |  |  |  |  |  |  |
| lunch  11:30-12 | |  |  |  |  |  |  |  |
| 5th period  12:05-12:50 | |  |  |  |  |  |  |  |
| 6th period  12:55-1:40 | |  |  |  |  |  |  |  |
| 7th period  1:45-2:30 | |  |  |  |  |  |  |  |
| 8th period  2:35-3:20 | |  |  |  |  |  |  |  |
| 4:00-5:00 | |  |  |  |  |  |  |  |
| 5:00-6:00 | |  |  |  |  |  |  |  |
| 6:00-7:00 | |  |  |  |  |  |  |  |
| 7:00-8:00 | |  |  |  |  |  |  |  |
| 8:00-9:00 | |  |  |  |  |  |  |  |
| 9:00-10:00 | |  |  |  |  |  |  |  |
| 10-11:00 | |  |  |  |  |  |  |  |

Flip over for 9th grade.

9th Grade:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sunday** | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 6:00-7:00 | |  |  |  |  |  |  |  |
| 7:00-8:00 | |  |  |  |  |  |  |  |
| 1st period  8:00-8:45 | |  |  |  |  |  |  |  |
| 2nd period  8:50-9:35 | |  |  |  |  |  |  |  |
| 3rd period  9:40-10:25 | |  |  |  |  |  |  |  |
| 4th period &Homer.  10:30-11:30 | |  |  |  |  |  |  |  |
| 5th period  11:35-12:20 | |  |  |  |  |  |  |  |
| lunch  12:25-12:50 | |  |  |  |  |  |  |  |
| 6th period  12:55-1:40 | |  |  |  |  |  |  |  |
| 7th period  1:45-2:30 | |  |  |  |  |  |  |  |
| 8th period  2:35-3:20 | |  |  |  |  |  |  |  |
| 4:00-5:00 | |  |  |  |  |  |  |  |
| 5:00-6:00 | |  |  |  |  |  |  |  |
| 6:00-7:00 | |  |  |  |  |  |  |  |
| 7:00-8:00 | |  |  |  |  |  |  |  |
| 8:00-9:00 | |  |  |  |  |  |  |  |
| 9:00-10 | |  |  |  |  |  |  |  |
| 10:00-11 | |  |  |  |  |  |  |  |

Flip over for 7&8th grade.