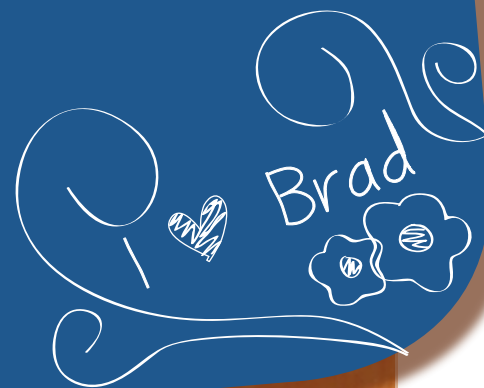


# Study Survival Guide

Helpful Hints for Stressed out students  
by Elyse Garner

Why does every teacher think that their subject is the most important? Is it even possible to do this much work in such a short amount of time? I don't think my brain can handle all this information!

Sound familiar? How many times have you felt overwhelmed and totally helpless when faced with the stress of school work? The good news is you're not alone. The average high school student spends 35 hours in class and 20 hours doing homework every week. With statistics like that, of course you're bound to get a little stressed! But here's some more good news: It's do-able. You'll survive. Sure it sounds like a lot, but there are things you can do to make your high school experience more manageable and ultimately more enjoyable.



## Take Good Notes:



Good study habits begin in the classroom. The information you're tested on is almost always covered extensively in class beforehand so be sure not to miss what your teacher has to tell you. Come prepared. If you've done your homework, discussion will become more relevant and you'll be able to participate in a meaningful way. If you're not one to actively engage in class, remember to take notes. Even if you're listening intently, it's likely that you'll forget almost everything by the next day. Your notes should be clear and organized. Don't worry about catching every word your teacher says. Instead, write down the important bullet points that highlight overall themes or noteworthy events. Turn your notes into flashcards or use different colored pens to distinguish between important ideas. Being creative in this way actually stimulates a whole other part of your brain allowing detail and color to stand out and make memorization easier!

## Make an organized study space:




This is your chance to get creative and add a little fun to the drudgery of homework. The environment in which you choose to study actually has a huge impact on the quality of your work. So why not give your homework space a fresh new look to make things easier? Create a very personal space – one that's unique just to you and will put you in a scholarly mindset. Remember that organization is key so be sure to set aside a special place for all your notes, textbooks and even your pencils. Add a personal touch by customizing your study tools or decorating your desk with favorite pictures of friends and family. Put together a colorful bulletin board to hold all of your "to-do" lists and maybe a calendar. Make it a space where you feel completely comfortable but are away from anything that might serve as a distraction like an ipod, TV or your phone. Your study space should be set aside for nothing but, well... studying!

## Time Management:



As a teenager, there are probably a lot of things competing for your time: friends and family, your boyfriend, your job, even rest and relaxation! As a student, though, it's important to remember that school is a top priority. But don't forget that there are 24 hours in a day. With the proper time management, you can do all your homework and still have time to enjoy life. The first thing to remember is not to become overwhelmed. You can only do one thing at a time so don't think too far ahead. Instead of scrambling to get everything done at once, set manageable goals. Work on a new subject every hour to refresh your brain, finish the easy assignments first or try to finish one major project every week. If you set aside a designated time for school work, your free time will be more well-deserved after you've finished. And don't minimize the power of a good night sleep. Leaving time for bed will help keep you energized, focused and ready to take on what the next day has to offer!

**There's no doubt that being a student is tough. It's time consuming, stressful and sometimes just plain annoying. But being a student is also one of the best times of your life. Enjoy it and make the best of it. When things seem like too much, motivate yourself with thoughts of what's to come. Work hard for your future but most importantly, work hard for the Lord. Whatever you do, do it for Him and you'll never give anything less than your best!** 

## Making the Most of Your Study Time



To type or not to type? Some people find it faster and easier to take notes on a laptop in class while others prefer the classic pen and paper. Each is a great way to keep track of what you learn so why not utilize both? Use your time in class to write your notes in a good old fashioned notebook. Sticking with a pen in class will stimulate your brain, help you concentrate and keep away any distractions you might find on your computer. When you come home, take a few moments to transfer that information onto your laptop. By typing your notes, you'll not only be putting them in a safe place, but you'll also refresh your memory as you re-read everything you learned in class.

Use color to make your schoolwork more interesting. Colors can have a positive effect on your emotions, keep you organized and help hold your focus. Once you've chosen a study space, decorate it with some cool colors like blue or green to keep you calm and stress-free. Use bold colors like red, orange or pink to catch your eye and highlight important sections of your notes. Assign a notebook and folder to each of your classes and color code them to keep everything organized. The proper use of color can be fun, practical and beneficial for your study habits.



Ask your friends for help! Study buddies are a great way to rid stress and make sure you really understand the material. Go over your notes together, ask each other questions or quiz each other when it comes time to take the test. If they're in class with you, they'll know exactly how you're feeling and can help share the burden. But make sure your study sessions don't turn into a social gathering. Work with friends that are mature and focused – friends that will be a help instead of a hindrance.

