

**Dougherty County
School System
Study Skills Pamphlet**



*Student
Study Tips*

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of
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Study Place

1. Is my Study Place available to me whenever I need it?

Your Study Place does you little good if you cannot use it when you need it. If you are using a Study Place that you must share with others for any reason, work out a schedule so that you know when you can use it.

2. Is my Study Place free from interruptions?

It is important to have uninterrupted study time. You may have to hang a DO NOT DISTURB sign on the door or take the phone off the hook.

3. Is my Study Place free from distractions?

Research shows that most students study best in a quiet environment. If you find that playing a stereo or TV improves your mood, keep the volume low.

4. Does my Study Place contain all the study materials I need?

5. Does my study Place contain a large enough desk or table?

6. Does my Study Place have enough storage space?

7. Does my Study Place have a comfortable chair?

A chair that is not comfortable can cause discomfort or pain that will interfere with your studying. A chair that is too comfortable might make you sleep. Select a chair in which you can sit for long periods while maintaining your attention.

8. Does my Study Place have enough Light?

The amount of light you need depends on what you are doing. The important thing is that you can clearly see what you need to see without any strain or discomfort.

9. Does my Study Place have a comfortable temperature?

If your Study Place is too warm, you might become sleepy. If it too cold, your thinking may slow down and become unclear. Select a temperature at which your mind and body function best.

Having a good Study Place is important for good studying!

10 Ways to Reduce Test Anxiety

Tests are inevitable. Follow these suggestions to keep from getting your nerves in a knot over tests:

- Attend all classes leading up to the test
- Study continually
- Ask for help if you do not understand everything in class
- Make sure you have the proper materials for the test (ex: pen, calculator, etc.)
- Get enough sleep the night before the test
- Eat a good breakfast
- Know what the test is going to cover
- Ask what form and length the test will take (multiple choice, short answers, etc.)
- Don't dwell on how much the test will count toward your final grade
- Concentrate completely on the test

