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Studying Tips

Studying can be daunting, especially when you need help figuring out where to start. If you are a freshman or a sophomore, you may need help studying and getting used to new teachers and their testing styles. Many different studying methods could help you ace your next test. Learning new study methods allows you to pass your tests and even make studying fun.

Some of the best studying techniques are Flashcards, Testing yourself, and Spaced repetition. Sophomore Abigail Gula from Florida Southwestern Collegiate High School states, “Quizlet is by far the most effective study method for me.” Flashcards are an effective way to retain information quickly; writing or typing them out and studying them repetitively helps you to be able to retain information rapidly. The app that Gula mentions, “*Quizlet*,” is a free app that allows you to make flashcards online and play games, help you learn, and even test you on the terms. *Quizlet* has allowed Gula to organize all her studying material in one app.

Another technique for studying is spaced repetition. Spaced repetition is reviewing for set time intervals, then taking a break and seeing what information you obtained by testing yourself. Sophomore Sophia Diaz at Florida Southwestern Collegiate High School states, “I have been using the repetition method since middle school, and although it takes long, it always helps me remember the information for a test or quiz.” Spaced repetition can combine flashcards and

testing yourself; you can even use Quizlet, as Gula has suggested. To perform this study method, start by setting a 30-minute timer and reviewing; you can use flashcards, the "learn" option on *Quizlet*, rewrite your notes, or even watch videos on the topics. Once the timer is up, take a 15-minute break, whether that is going to do other school work, go on your phone, or clean up your room. This break is supposed to distract your mind from the information you have just learned so you can test yourself to see if you have retained information during the 30 minutes of study time. Once the 15 minutes are up, test yourself, see what information you retained, and see what you need to go back over. You can repeat this process as needed.

These different studying techniques allow you to find out what works best for you. Sitting down and focusing on one subject for a long time can be daunting, but using fun apps like Quizlet, making flashcards, or using a method like spaced repetition can make studying a little more tolerable. Sophia Diaz and Abigail Gula are A, B students at FSWC, and these study methods have allowed them to make studying a chore, not a challenge.