

Study SMART! Stay Organized!

Organizing your Backpack



<p>Before you leave class, check to see if you:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wrote down the important ideas from class. <input type="checkbox"/> Understand how to do your homework. If you are not sure, ask your teacher for help. <input type="checkbox"/> Wrote down when the homework is due in your calendar or student planner. 	<p>Choose your Study Place:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find a quiet place with NO TV, phone, or video/computer games. <input type="checkbox"/> Go to the library if your house is too noisy or too distracting. <input type="checkbox"/> Place your books, pencils, and other supplies near you before you start studying.
<p>Tackle Homework and Projects:</p> <ul style="list-style-type: none"> <input type="checkbox"/> First, work on projects and homework assignments that are due tomorrow. <input type="checkbox"/> Second, work on projects that are due next week or next month. <input type="checkbox"/> Take a 15 minute break for every hour you study. <input type="checkbox"/> Try studying with a classmate or friend. 	<p>Get Ready for Tests:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Think of possible test questions. Find the answers to these questions. Quiz yourself or have a friend or parent quiz you. <input type="checkbox"/> Start studying for a test at least a week ahead of time. <input type="checkbox"/> Get enough sleep and eat breakfast before taking a test.

Ask Questions! Be Proud for trying your Best!

Resources:

- ◆ School. It's My Life: <http://pbskids.org/itsmylife/school/index.html>
- ◆ School and Jobs. TeensHealth: www.kidshealth.org/teen/school_jobs

Do you have any comments or questions about this handout? Please contact Adolescent Health Working Group by emailing feedback@ahwg.net or calling (415) 554-8429. Thank you.