

## Study Skills Poster

**Suggested Year Levels:** Middle School – High School

**When to use:** Beginning of school year

**Background:** This is a great video to show at beginning of year.

**Materials:** <http://www.learningcurve.info/free-resources/study-skills.html>

### Activities / Procedures

- Show video
- Divide students into groups of 2. Each group picks a topic below and creates a poster
- Posters can be displayed around the school

Suggested topics from video:

- Find a suitable place to study
- Choose a comfortable chair
- Check room temperature
- Check room lighting
- Find the best time to study
- Eat, sleep and study
- Turn off your mobile phone
- Get yourself organised
- Prepare a Study Plan
- Allocate your Study Plan
- Take Regular Breaks
- Try not to eat while studying
- Avoid Stimulants
- Music and TV
- Study with People
- Get a life