



STUDY SKILLS FOR APGO

PLANNING

- PLAN 4 DAYS OUT FROM QUIZ
- DIVIDE CHAPTERS INTO 1/3RDS
 - 4 DAYS OUT – FIRST THIRD OF CHAPTER/STUDY GUIDE
 - 3 DAYS OUT – 2ND THIRD OF CHAPTER/STUDY GUIDE
 - 2 DAYS OUT – FINAL THIRD OF CHAPTER/STUDY GUIDE
- NIGHT BEFORE IS REVIEW FOR QUIZ INSTEAD OF READING CHAPTER/DOING STUDY GUIDE
- IF YOU DO THIS FOR THE CHAPTER(S), YOU WILL NOT HAVE TO CRAM FOR THE TEST. YOU CAN SPEND TIME STUDYING INSTEAD OF READING/DOING STUDY GUIDE.

STUDY ENVIRONMENT

- MUSIC
 - LYRICS OR “AGGRESSIVE” INSTRUMENTATION DOES NOT HELP YOU!
 - LYRICS MAKE YOUR BRAIN HAVE TO SPLIT ITS ATTENTION WHETHER YOU REALIZE IT OR NOT
 - “AGGRESSIVE” MUSIC (I.E. ROCK/HEAVY METAL) ACTUALLY PUT YOUR BRAIN IN AN AGITATED STATE. WHEN YOU ARE AGITATED, YOU DO NOT RETAIN INFORMATION.
- DISTRACTIONS
 - FIND A QUIET PLACE (IF AT ALL POSSIBLE). THE KITCHEN TABLE OR LIVING ROOM WITH SIBLING RUNNING AROUND IS NOT A GOOD ENVIRONMENT TO RETAIN INFORMATION.
- BODY POSITION
 - DO NOT LAY DOWN OR RECLINE!!! SIT UP IN A CHAIR AS STRAIGHT AS POSSIBLE.