

Study tips for high school success

If school feels harder now that you're in high school, you're not alone. High school can be a big change. Studying doesn't always come easy. It's something you learn with practice. Try these tips and see what works for you.

Remember

No one is born knowing how to study. You'll get better with time and practice!

1



Use your time wisely



Studying a little each day can make a big difference in how much you remember and how confident you feel. Create a weekly plan that outlines what to study each day so you can stay organized and on track. Use a calendar or planner to manage your time and reduce stress. Try to make the most of extra time during school like homeroom or free periods.

2



Find a quiet place

Find a spot where you can focus, even for just an hour. Ask your family for space when you need to study. If the weather's nice, you can also try studying outside. Or you could study at school before or after class, or ask if the library or a local community center has space. Some schools may also have headphones you can use to help block the noise.

3



Learn how to study without the internet

If it's hard to get online at home, don't worry. Ask your teachers for printed materials. You can make flashcards or write notes by hand. Studying with a friend and quizzing each other, in person or by phone, can also help.

4

Reduce distractions

Distractions are the enemy of good studying. So, be sure to put your phone on silent. Let your family know when you're studying. You could also consider making a "do not disturb" sign for your space to let others know you need quiet.

5

Ask for help



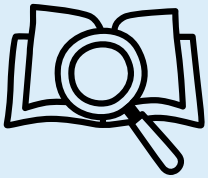
If you feel stuck, talk to a teacher, classmate or tutor. Asking for help early gives you more time to understand the lesson and make good use of your study time.

6

Take care of yourself



Getting enough sleep, eating well and drinking water can help you focus. Try to rest 8 to 10 hours a night, and turn off screens before bed. Healthy foods like fruits, veggies, meats, beans and nuts can help fuel your body and brain.



Level Up Your Study Skills



Getting good at studying takes practice and a little motivation. When you put in the effort, you deserve some credit (and maybe a treat). Give yourself props each time you complete one of these tasks. Check off at least four in a week and reward yourself with something fun this weekend. You've earned it!

- I made a weekly study plan including what I'll study each day.
- I studied during free time at school (study hall, on the bus, before/after class).
- I found a quiet spot to study without distractions.
- I asked a teacher, classmate or tutor for help on something I didn't understand.
- I got at least eight hours of sleep.
- I studied using flashcards, notes or printed materials (no internet needed).
- I quizzed with a friend (in person or by phone).
- I turned off my phone and studied for 20 minutes or more.
- I ate a healthy snack or drank water before or while studying.

Rewards



Choose a reward that motivates you. Pick one of these – or make up your own!

- Watch an episode of a favorite show.**
- Enjoy some guilt-free phone or gaming time.**
- Bake something sweet (and share it).**
- Take a power nap or go for a walk.**
- Treat yourself to a movie.**

Get started

Weekly study plan

This weekly study plan is designed to help you stay organized, balance your subjects, and build consistent habits that lead to academic success.

| Subject | Monday | Tuesday | Wednesday | Thursday | Friday | Weekend |
|----------------|--------|---------|-----------|----------|--------|---------|
| ELA | | | | | | |
| Math | | | | | | |
| Science | | | | | | |
| Social Studies | | | | | | |
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