Pre-AP Chem: Effective Study Skills Tips and Tricks!

Study smarter, not harder. ☺

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| **What to Do** | What **NOT** to Do |
| Be **ACTIVE** in while learning/studying: * Close your booklet and try problems on your own with just a periodic table and formula chart! Only check your answer/work when you’ve finished, or you can’t go any farther.
* Use flashcards (physical or digital)
* Struggle with challenging problems and keep trying, even if you’re stuck initially (or convinced you’re doing it wrong)
 | Be passive while learning/studying:* Re-read over your booklet and practice problems you’ve already completed
* Ask your friend or look up the answer if you don’t immediately know how to do the problem
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| **Focus** when studying* Decrease distractions while studying; don’t read texts, check social media, or watch Netflix while studying. Put your phone out of sight/hearing.
 | Multitask* Study while checking/writing texts, checking social media, and/or watching Netflix.
* Keep your computer or tv on in the background
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| Use **Intensity** when studying* You control the effort that you apply in your work! 30 minutes of high focus, high intensity study can be better than 2 hours of unfocused, low energy multi-tasking.
 | Low intensity/low effort* Look over problems and try them “in your head” but then just look up the answer
* Use flashcards but don’t try to recall the info on the other side before looking at the answer
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| **Space out** studying over time* Study a little bit of chemistry most days
* Start long-term homework (like Quest or lab reports) the day they’re assigned, and work a little bit every day or two
* Less is more! Spaced practice studying is more effective than LONG hours of “studying” with multitasking and little focus.
 | Cram* Only study for quizzes/tests the night before
* Start Quest or your lab report only 1-2 days before it’s due
* Study for many hours at a time all at once
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| **Interleave** your Studying* Study more than just one type of problem; mix it up and jump between different concepts
* Review and practice old units while studying (especially important since Pre-AP quizzes are cumulative!)
 | One Concept Studying* Study only one type of problem, and practice those problems over and over
* Don’t review older content or units while studying
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| **Test Yourself!*** The best way to prepare for a test is to take a test!
	+ Time yourself while trying practice problems
	+ Access only the Pre-AP Periodic Table and Formula Chart when practicing problems (found in the back of your booklet)
 | Open Notes Practice* Use your notes, friends, and/or the internet while trying practice problems
* Give yourself unlimited time for each problem
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