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 |
| **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 |
| 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 |
| **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 |
| **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 |
| **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 |