

A wooden desk with a yellow pencil and a clear plastic sheet. The pencil is on the left, and the plastic sheet is on the right. The text is centered on the plastic sheet.

# ***Study Skills and Test-taking Strategies***

The Dyslexia Institute  
of Indiana

# Know Your Child's Dominant Learning Style!

- Visual: Learn through seeing
  - Need visual displays of information
- Auditory: Learn through listening
  - Learn orally by interpreting sound, tone of voice, pitch, speech rate, etc.
- Kinesthetic/ Tactile: Learn through doing, moving, and touching
  - Need movement and activity to learn

# Key Skills for Successful Learning

- Organization!!!!
- Time Management
- Reading/ Writing
- Note-taking
- Memory
- Test-taking

# Organization

- Good organization skills = good study habits
- Tools:
  - To do lists, calendars, homework logs
- 3 Areas:
  - Mind
  - Materials/ Space
  - Time

# Organize the Mind

- Give your child time and space to empty his/ her brain of worries and other thoughts
- Time to play, time to work
- Physical separation from distractions
- . . . .

# The Environment

- Find and create a clean, quiet study space in the home
- Fill with study materials
- Work together to make the environment pleasant:
  - Favorite colors, soft textures
  - Study with instrumental music!

# Organization Materials for Students and Their Parents

- Create a notebook together
- Frequent Housecleaning!
- Create The Planner:
  - All known deadlines, quizzes/ tests, large projects, repetitive assignments (i.e., spelling test)
  - Room for daily recording
  - 5 COPIES: let student decided where to keep them

# Time Management

- Use a weekly Mountain of Work with The Planner
  - Prioritize!!
- Decide on a set study time for each weekday and once or twice on weekends
  - Consider learning style in this decision
  - Study time should include ALL subjects regardless of homework load

# Homework Strategies

- Frequent (short) Breaks
- Create the Space
- Climb the Mountain
- Parents: Review the work and file important key words, concepts, etc. on note cards/ in notebook (10 minutes)
- Celebrate Accomplishments!

# Study Skills

- Make flashcards consistently through out unit of study:
  - Review frequently! Review + Add new
  - Use pictures, colors, write in shapes -- whatever works!
- Narrow down study needs:
  - KRU form
- Use visual organizers: for tests or papers
- Use mnemonics!
  - NECESSARY = Not every Cat Eats Sardines Some Are Really Yummy
  - Let's Try One!

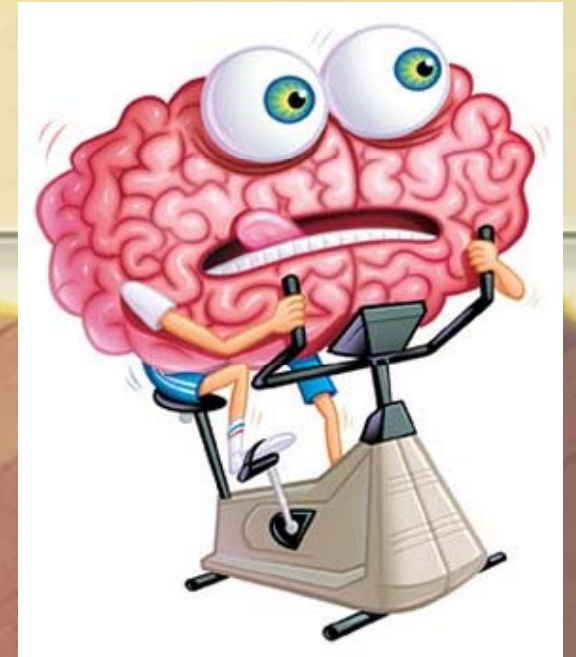
# Reviewing the Night Before

- NO NEW MATERIAL
- Esteem building as important as reviewing
- Make it fun!
  - Lilly pads, ball, a buzzer, etc.

# Now What?!?

- Plenty of sleep
- Good Nutrition
- SKIM flashcards morning of test

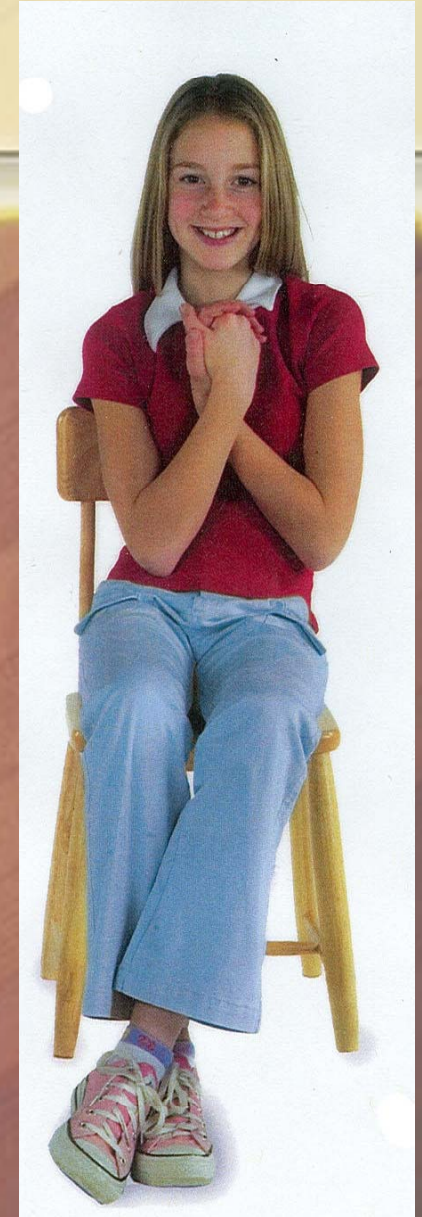
# Brain Gym Exercises



- Created by Paul Dennison, Ph.D
- Our bodies are a part of the learning process:
  - Utilizes biological networks to contribute to learning
  - Nervous and circulatory systems

# The Hook-up

- Relaxes nerves before a test or special event
- Calms the mind and improves concentration
- Stay in position for a few minutes while breathing slowly



# Brain Buttons

- “Switches the brain on” by improving blood flow to the brain
- Massage or press points for a few minutes
- Use before studying or when struggling to concentrate in class



# Test-taking: I studied, so what went wrong?

- Test Anxiety!
- Didn't read directions carefully
- Didn't check my work
- Careless mistakes

# Strategies for Test-taking

- Help student feel confident about their knowledge
- Make learning a process -- it is!
- Tests can be rewarding! Practice long-term study techniques.

# Once in the classroom:

- Ignore the “buzz” of classmates
- Relax and “hook-up”
- Push “brain buttons” to activate your brain!

# After the tests are distributed

- Preview ALL questions
- Highlight or underline key words
- Star questions that will be answered last
- When in doubt, use process of elimination

# After the Quiz/Test/ Assignment

- Review all graded work with your child
- Infuse discussion of mistakes with positive reinforcement:
  - “I like how you . . .”
- Knowledge is power: What went wrong?
  - Rushed, careless mistakes/ didn't finish
  - Didn't understand the material



Take it home and try it!

Next Time . . . .

Workshop 2:  
An In-depth Look at Study Strategies

Thank you for coming!  
For more information about the Dyslexia  
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[www.dyslexiaindiana.org](http://www.dyslexiaindiana.org)