I keep my study area clean and organized
I copy down or rewrite material I want to remember
I look at my teacher while they are talking to stay focused
I take clear and simple notes and attach symbols
I ask for feedback from my teacher in writing
I add pictures and symbols to my notes
I draw the information I am learning, including as much detail as I can
I underline main points in my notes or use brightly colored highlighters while taking notes
I review all highlighted material before closing my notebook
I write vocab words or key facts on different colored index cards and review them often
I study alone when I need to stay focused

I study in a quiet place to stay focused
I recite aloud the information I want to remember
I sometimes play music softly as I study
I set aside time every day to talk about what I learned
I ask to speak with my teacher to receive feedback
I read my notes aloud when I review or study
I ask curious questions about the information while I am learning
I create metaphors and stories to better recall what I have learned
I tape lectures or record my own voice reading my notes
I sometimes study with a friend so we can talk out ideas and important information
I repeat things several times in my head to memorize

I study in an area with enough space to move around
I write information down that I want to remember
I make sure I am physically comfortable while learning
I walk or move around when I am memorizing material
I ask for feedback by having my teacher show me examples
I connect meaningful body motions to my learning
I use my finger to trace the key information I want to review and remember
I write out step-by-step actions to accomplish homework and projects
I connect my feelings and emotions to my learning
I chunk information I am studying into smaller sections and take frequent breaks
I make my learning tangible by creating models or diagrams
Next to the bullet points, write situations of that type that occur in school. Then draw lines from the situation to one or more of the strategies on the right that would be most helpful in that situation.

**Visual Situations**

- Sit up and lean forward
- Write it down
- Use alternating colors
- Add pictures and symbols to notes

**Strategies**

**Auditory Situations**

- Play baroque music softly as you study
- Repeat key information
- Lean in
- Ask clarifying questions

**Kinesthetic Situations**

- Position body attentively
- Connect information to body using motions
- Walk around as you review info
- Breathe deeply