

# Learn the 6 Strategies to become a *Successful Student*



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# What does it mean to be a Successful Student...?


Do you often wonder why other students get high grades and it seems to come so easily to them?

What are they doing differently that allows them to be so successful?

Can you be a successful student, too?

**YES!**

There are many factors involved but we have outlined the top 6 strategies that all successful students implement. Many of these are not necessarily learned in school and they do take time for students to get used to and utilize as regular habits in their lives. When you develop good habits as a student, they carry on with you throughout your educational career and also into your adult life and in the work force. Let's take a look!



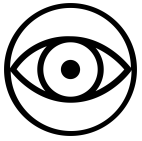
*“Effort and hard work  
construct  
the bridge that connects  
your dreams  
to reality.”*

- Daisaku Ikeda

# 1 Know Your Learning Style

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Most students have a combination of learning styles and if you're familiar with them, then you can incorporate specific study strategies that will help benefit your learning.



## Visual Learners

Visual learners learn and absorb information by seeing things. They often rely on pictures, graphs, charts, colors and like to write things down.

### Tips:

1. Draw your own picture, graph or table
2. Use colored highlighters or pencils
3. Create flashcards to visualize key words
4. Take notes while listening to a speaker
5. Sit closer to the board to see the teacher
6. Use concept maps to organize information

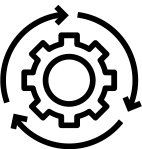


## Auditory Learners

Auditory learners learn best by listening to information that is given. These types of learners like to talk, sing and be around people but can lose focus quickly.

### Tips:

1. Work in study groups
2. Read aloud and mouth words when studying
3. Record lectures from class
4. Explain your reasoning to another person
5. Watch educational videos
6. Ask someone to explain something to you



## Kinesthetic Learners

Kinesthetic Learners gather information by touching things and having hands-on opportunities. These types of learners tend to move a lot and you might see them tapping their foot or pencil on a desk.

### Tips:

1. If possible, 'do' or 'act' out assignments
2. Allow for movement during study sessions
3. Change positions frequently when studying
4. Take breaks when studying
5. Get up and participate in writing on the board

## 2 Use Study Strategies That Work For You

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Studying does not just mean taking out your text book and reading a chapter from beginning to end. In order to be a successful student, you need to find study strategies that work for you. Every learner is very unique and what might work for one student, may not work for another student. Some students like to take notes with colored pencils while reading a text or perhaps create an outline. There are also many great graphic organizers that students can use to piece together and organize information, analyze cause and effect relationships, and map out the plot, main idea and characters in a story. Below is a list of 10 effective study strategies that work for many students!



### Top 10 Study Strategies

- ✓ Flashcards
- ✓ Outlines
- ✓ Graphic Organizers
- ✓ Mnemonic devices
- ✓ Create your own review worksheet
- ✓ Work with a study buddy
- ✓ Practice extra problems
- ✓ Watch YouTube videos
- ✓ Use sticky notes
- ✓ Correct previous quizzes and tests

# 3 Know How to Manage Your Time

Managing time is one of the most important skills for students to learn. Many students have busy schedules that not only include school but also outside activities like sports, clubs, and music. When students learn how to manage their time efficiently, they will become more successful overall.

## Why is Time Management Important?

1. Increases focus
2. Become more organized
3. Become a better student
4. Save time!
5. Reduce stress
6. Develop good habits that continue through life



## Time Management Strategies

### 1. Use a planner or calendar

Write down all assignments and their due dates and make sure to check it each day when you get home from school so that you are aware of all upcoming deadlines.

Check out the latest educational time-management apps below!

- ✓ Evernote
- ✓ iStudiez
- ✓ Remember the Milk
- ✓ myHomework
- ✓ 2Do

### See What Our Students Are Saying...

“I love using Evernote on a daily basis. I keep all of my classes organized in different folders and am able to take pictures of the teacher’s notes on the board.”

- High School student from Park Ridge

## **2. Break larger projects down into smaller chunks**

Anytime an essay or project is assigned, break it down into doable chunks over the course of a couple of weeks and set small deadlines for yourself. This will help alleviate a lot of the stress and keep you away from procrastinating.

## **3. Get rid of distractions**

Turn off all phones and electronics when studying. Those little interruptions can really waste a lot of time! If you set aside a certain amount of time to study such as 30 minutes, 45 minutes or an hour, try working consistently during that time period and then take a break afterwards to either watch a little TV or check your phone.

## **4. Prioritize**


Know which assignments are more important than others and which assignments are due soon. If you're getting an A in History but getting a C- in Algebra, then maybe you should be spending more time overall studying and practicing Algebra each week.

## **5. Get organized!**

If you are organized, then you'll be able to complete tasks a lot quicker. Unorganized students tend to waste a lot of time since they don't know where their materials are or when things are supposed to be due.

*“Gain control of your  
time, and you will gain  
control of your life.”*

- John Landis Mason



# 4 Take Care of Yourself

Students are constantly busy and need to know that having a balance in life is crucial. Yes, school is important but neglecting to take care of your health and well-being can cause some detrimental effects. Work-life balance is not always easy to incorporate into chaotic schedules and in order to do this, students need to manage their time effectively (see Strategy #3 on page 5). Below are 6 essential self-care activities that all students should be doing.



## 1. Get Enough Sleep

According to the [National Sleep Foundation](#), students between the ages of 6-18 should not be getting less than 7 hours a sleep each night. Inadequate amount of sleep can affect your thinking process and cause loss of focus and memory.

## 2. Exercise Regularly

Physical activity on a daily basis is crucial for students of all ages. Dr. Edward R. Laskowski, MD recommends that “children and adolescents age 6 and older need at least an hour a day of physical activity.” ([Mayo Clinic](#), December 2018). There are many creative ways to exercise and be active on a daily basis!



### 3. Make Healthy Food Choices

The foods that you eat can highly impact the way you feel physically, mentally and emotionally. It's very important for students to learn how to eat well-balanced meals at a young age because then they're prone to make healthier food choices throughout life. Getting a wide variety of fruits, vegetables, lean meats and water is best. Try to stay away from sugary drinks and snacks, junk food and take-out food.

### 4. Make Time For Fun!

Just like everyone, students need time to enjoy themselves. School can be very stressful and take a lot of time out of their week. Some fun activities to do would include hanging out with friends, watching a movie, creating something, playing a game, reading or playing music. Each student has their own interests and it's important that they have time to do those activities during the week.

#### See What Our Students Are Saying...

"For fun I really like to play basketball with my friends and play my guitar."  
- Junior High Student from Glenview

"My friends and I really like going to see new movies!"  
- High School student from Des Plaines

### 5. Talk to Someone if You're Stressed Out

There's a certain amount of stress that is normal for students. If you are having an overload of stress in your life and are having a hard time dealing with it, it's best to reach out to a trusted adult for assistance. Talk to your teacher, your parents, a guidance counselor or your friends.





# 5 Organization

Having strong organizational skills helps students stay on track and teaches them important life skills that will benefit them. If you are organized then you can save time overall and spend more time doing the things that you need to and love. Students that are disorganized tend to have lower grades, lose assignments and are more stressed.

## Benefits to Being Organized

1. Turn assignments and projects in on time
2. Improves your time-management skills
3. Reduces stress
4. Perform better in school
5. More free time!



## Best Organization Techniques to Use:

- ✓ Keep track of all assignments with a planner or calendar
- ✓ Create a binder system or folder system for your classes
- ✓ Color code folders, binders and notebooks
- ✓ Do a weekly backpack and locker clean-out
- ✓ Get all items ready for school the night before

### See What Our Students Are Saying...

“I’ve gotten into a regular habit of getting all of my things together the night before school. I make sure that all of my homework is done, I pack my lunch and after school snacks and lay out my clothes. Then I can sleep better!”

- High School student from Park Ridge

# 6 Ask Questions and Get Help

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The most successful students are the ones that take the initiative to ask questions and get help when they need it. If you are a more shy student and don't feel comfortable asking questions during class, then you need to find time to speak with your teacher either before school or after school. Many schools also have tutoring centers that students can visit for additional help during the school day.



Don't wait until the last minute to get the help you need! Once you start recognizing that you're lost or don't understand a topic, then you should reach out right away to ensure that you don't fall behind.

## 7 Ways for Students to Get Help with School

- ✓ Ask questions during class
- ✓ Do homework with a study group
- ✓ Visit the school's tutoring center
- ✓ Google any topic on the Internet to learn more about it
- ✓ Go in before or after school
- ✓ Hire a private tutor
- ✓ Watch YouTube videos

# We Can Help!

Does your child need **extra help** in a specific subject?

Does your child experience **test anxiety**?

Does your child need help **preparing for the ACT or SAT**?

Does your child want to learn a **musical instrument**?

Does your child need guidance in the **college planning process**?

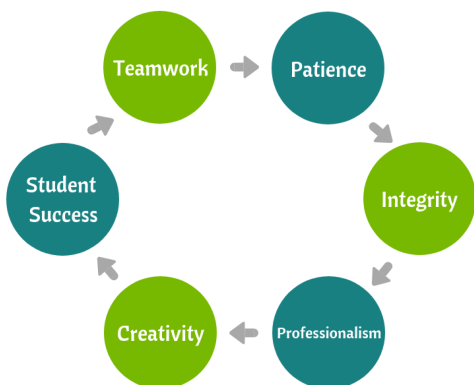
The mission of iAchieve Learning is to provide customized one-on-one tutoring and music instruction to students of all ages and grade levels to help them reach their highest potential. Our goal is to work with both the student and family to identify and strengthen any weaknesses or gaps in learning. We service around 14 of the northwest suburbs of the Chicagoland area and all of our instructors will come to you!

## Our Services

1. Tutoring for all ages and subjects
2. ACT/SAT Test Prep
3. Music Lessons
4. Academic Coaching
5. College Planning
6. Educational Testing
7. Professional Development



## What We Value



### Contact Us Today!

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# Reflection

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## Learning Style

1. What type of learner are you and what is your learning style?
2. What are you currently doing that might not be helping?
3. What tools can you use to help your learning?

## Study Strategies

1. How often do you study?
2. What study habits and strategies are you currently using?
3. What are some new study strategies that you would like to implement?

## Managing Time

1. Do you feel like you have good time management currently?
2. What time management techniques are you currently using?
3. What time management techniques would you like to try?

# Reflection

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## Take Care of Yourself

1. Do you feel like you have a good school/life balance?
2. What are you currently doing in terms of relaxation, down-time and self-care?
3. What self-care activities would you like to work on?

## Organization

1. How organized are you right now and what do you struggle with?
2. What are you currently doing to help yourself stay organized?
3. What organization techniques would you like to start using?

## Get Help

1. Do you regularly get help when you need it?
2. What resources do you use for help?
3. What are some new resources that you can use to help you?