

STUDY HABITS...TUTORING...HOMEWORK HELP

Take charge of your education! Make some positive changes!

Remember you have to do something for 21 days for it to become a habit.

STUDY HABITS & SKILLS

- Eat well and get enough sleep. Maintain a positive attitude! ☺
- Attend school regularly.
- Turn in ALL your work - ON TIME.
- Be organized!
 - Get school supplies that keep you organized.
 - Ask your teachers how to be best organized for their class.
- Ask for help!
 - There are numerous adults on campus available to assist you.
 - Call a friend!
- Attend tutorial period. Be prepared with specific questions.
- Study in a quiet non-distracting location.
 - If possible study “in public” such as at your family dining table or a computer that is not in your room.
 - It is so easy to get unfocused in one’s room, and since we are less on display we often work less hard.
- Use a timer when you study and do homework. Set the timer for 10 minutes and see what you can get done in that amount of time.
 - Brain research shows we have difficulty focusing for long periods of time, so creating a pattern of short study sessions with timed breaks will keep your brain fresh.
- Take notes on index cards when you read/study a textbook.
 - Write down the page number and the title of the sections and bullet key ideas.
 - This will help you find stuff in the text book when you need to refer back to it.
 - The cards are a great study tool for tests.
 - Writing increases what your brain will remember!
- Email teacher(s) with specific questions.
- Check school website & Parent Portal for information

INTERNET RESOURCES

- **Khan Academy:** <http://www.khanacademy.org/>
 - Topics include mathematics, history, physics, chemistry, biology, American civics, economics, SAT/ACT
- **Cornell notes:** http://lsc.cornell.edu/Sidebars/Study_Skills_Resources/cornellsystem.pdf
- **Homework Help:** <http://homework.answers.com/>
- **Arizona Career Information System:** <http://azcis.intocareers.org> Career exploration/portfolio
 - *NOTE: ECAP (Education Career Action Plan) is a GRADUATION REQUIREMENT*

TUTORING – resources available in our local community

FEE-BASED SERVICES	FREE SERVICES
Private Math Tutors 1. James Barrett: jandkbarrett@gmail.com 520-825-2766 2. Pam Reavis : psr10s@yahoo.com 520-991-3838 3. Dave Kukla: djkvty@aol.com 520-745-1929 4. Anne Davenport: a.davenport@q.com 520-419-2057	Pima College Tutoring Center...520-206-2212 Ask for a list of tutor names in the community
Kim Clifford 207-219-9883 kjclifford@live.com /SAT-English	
College Nannies & Tutors... 520-262-0177 SAT/ACT prep/ study skills/all subjects	Oro Valley Public Library...520-594-5580 Math Tutor: Tuesday & Wednesday, 4-6 p.m.
Sylvan Learning Center... 520-531-0431	Nanini Public Library...520-594-5365
Kumon Learning Center... 520-797-0121	
TutorsToGo... 520-437-1834 tutorstogo@comcast.net	