

Compensatory Strategies

Following is a list of proven, easy to apply study techniques you can begin using right now to start the process of MAKING A DIFFERENCE in your performance as a student!

Textbooks

- Keep up with all assigned reading!
- PREVIEW the chapter (before reading)
- Skim the paragraph, then read and **highlight**
- Make **study cards**
- Allow enough TIME to complete chapter and study cards
- Get **books on tape** if needed

Notetaking

- Learn note-taking strategy
- Be **prepared** (read notes/text before class), sit up front in class
- Use “**recall**” column
- Add **memory cues** to notes later (colors, symbols, etc.)
- Use a **tape recorder** in class
- Team up with others to fill in gaps in notes, for clarity, etc.
- Get outline from instructor if possible
- Check internet for notes

Memory

- Make **study cards** (from text)
- Use a “**recall**” column (in notes)
- Use color and symbols, diagrams, “maps”
- Break into smaller ‘pieces’
- Get a book from the bookstore on memory techniques
- Learn **visualization** techniques (‘picture’ it to learn)
- Write, Recite, Stay **active** when studying

Math

- **Keep up** with assignments!
- Get a tutor **early**
- Use “**cue cards**” for operations, sequences, etc.
- Talk self through problems
- **Proofread** work carefully - especially tests

Writing

- Learn “pre-organization” skills - spend **more time** here
- Learn “cluster method” of organization
- Worry about spelling **later**
- Tell ideas to a friend or into a tape recorder
- Use a **computer** (learn if you don't know how!)
- Allow lots of **time** - for pre-writing, rough and final copy
- Get feedback from instructor or tutor at intervals

Time Management

- Use a **calendar** - by the month, week and day!
- Put every test, assignment, etc. on your planner - then fill in preparation needed for each
- Decide to do all your work on time - **commit** - revise as necessary
- Establish **rewards** each week when you complete your tasks

Concentration

- Eliminate distractions - study in the same place when possible
- Set a timer, Work on two things at a time if that's your style
- Take frequent **breaks**; give yourself rewards
- Stay **active** - write, talk to self, diagram, “map”, use colors, etc.
- Plan a group review session each week
- To increase attention span for a subject - increase time spent gradually (5 - 10 mins/day)

Test-taking

- **plan** study time well in advance
- Study **over time**, and overtime (get it?)
- Commit to your performance, set some **goals**!
- Be honest with yourself, **spend more time** if you need to
- Use all of the above suggestions
- For **anxiety**, learn relaxation techniques and test-taking strategies
- Get special test-taking arrangements by speaking with a Learning Specialist at the LD Program if needed