

Get Set...

PRACTICE SCHOOL SKILLS DAILY

Reading—Read many types and levels of media (e.g., fiction, nonfiction, newspapers, classics, modern novels)

Writing—Practice composing creative stories and writing about factual events

Learning—Download lectures and practice taking notes

LOCATION, LOCATION, LOCATION

The *place* you choose to study is as important as *how* you study.

- Find a peaceful location
- Drown out environmental noises with a fan
- Turn off the television, and if you listen to music, choose forms without words (e.g., classical, jazz)
- Remove clutter
- Don't study in bed

TEAM UP:

Where is the best place for you to study?

Resources

VETERANS SERVICES OFFICE

The Veterans Services Office at your school has been established to help you transition into student life.

Available services may include:

- Guidance regarding the GI Bill and other programs
- Study space
- Computer lab
- Vet to Vet contact and assistance

POST-9/11 GI BILL

On August 1, 2009, the Post-9/11 GI Bill went into effect. This bill provides education benefits for service members who have served on active duty for 90 or more days since September 10, 2001.

More information can be found at the following websites:

- <http://www.gibill.va.gov/post-911/>
- <http://www.military.com/education/content/gi-bill/new-post-911-gi-bill-overview.html>

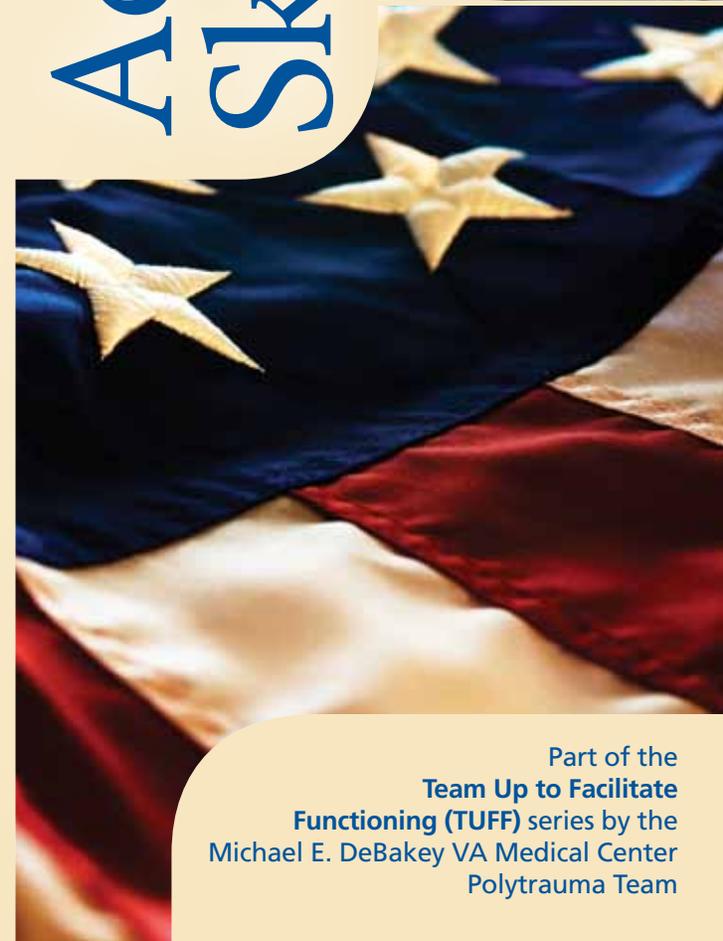


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Academic Skills



Part of the
**Team Up to Facilitate
Functioning (TUFF)** series by the
Michael E. DeBakey VA Medical Center
Polytrauma Team



Get Ready...

If you are preparing to return to school or if you are taking classes and need a few pointers, this brochure is for you! Included are pointers on how, where, and why to study, and some helpful resources.

If you have not yet started school, you have the opportunity to prepare before you return:

- If it has been awhile since you have been in school, you are working through mental health or medical issues, or you have many other appointments or responsibilities, think about taking a reduced course load initially
- Consider beginning with review classes or a study skills class
- Be prepared to spend at least two hours working outside of class for every hour in class; being a full time student is a full-time job
- Carefully consider the number and type of classes you can handle

TEAM UP:

Review your schedule and determine how many hours you can reasonably commit to school per week.

Go!!!

PLANNERS

Use of a planner will help you see the “big picture” each day, week, and semester. Consider your specific needs as you choose an electronic or paper planner, then start your semester right by:



- Recording test dates and assignment due dates
- Breaking down big assignments into small steps and scheduling deadlines to complete each step

TEAM UP:

Where is the best place for you to record deadlines and important dates?

NOTES AND CLASS PREPARATION

In school, most learning occurs outside the classroom. In order to make the most of time in the classroom:

- Read and take notes before class so you can rely on the lecturer to clarify difficult information
- Add to your pre-class notes during class
- Check notes for accuracy after each lecture

STUDYING

Good grades are the result of good study habits. Use of poor study habits will lead to problems when you reach finals and upper level classes.



Study tips:

- Prepare for tests by writing and answering your own test questions
- Use flashcards
- Study when you are fresh and awake
- Take short study breaks
- Avoid cramming - instead study over several days
- Remember the following: You don't know concepts until you can explain them to others

TEAM UP:

What steps can you take to improve the way you study?

Step 1: _____

Step 2: _____