

THE 15 MINUTE METHOD

1. Set a **goal** for how long you would like to study for one session.
2. Choose a **STUDY ACTIVITY**.
3. Perform **for 15 minutes and take a 5 minute break**. Do not go on the computer, tv, or phone during your break.
4. **Turn off electronics**: NO PHONE, NO TV. Music is okay and you can study with the computer but NO FACEBOOK.
5. **DO NO STUDY ON YOUR BED**>>>NO EXCEPTIONS!!!!
6. Maximize your brain's power! **Reward yourself** for studying but don't overload on candy. Choose a time to study when your brain is active, not a time of the day when you are usually tired.
7. **Repeat** the 15/5 cycle until you have studied for your goal time.

STUDY ACTIVITIES

Binders

Get organized! Make sure all of your review sheets are in order and completed. Yes, that counts as studying.

Computer:

REGENTS PRACTICE QUESTIONS→www.regentsprep.org

BRAINPOP→ www.brainpop.com username: pshigh password: Brainpop

Apps

Videos:

Youtube→Crash Course History

Practice Tests:

www.nysedregents.org

Vocab:

-Make flashcards to quiz yourself or have someone else quiz you

-One student had a great idea of hanging the cards up around her house, that way she could study while she was doing chores and other stuff around the house.

Notebook:

-Review your notes from your notebook. You can read over it on your way to school on the bus, train, or in the car and you can read it while you are line for scanning.

Study Partners:

-Teach--Choose 5 things (words, concepts, ideas) and teach them to someone new!

-Quiz-Either on the phone or online or in person, have someone quiz you!

-Games--Get creative, is there a way you can use your flashcards or your notes or both to create games for studying.

Get creative and use your own great study ideas that you invent!

Sample 1: STUDY PLAN=1 HOUR

Time	Activity
15 minutes	
5 minutes	BREAK
15 minutes	
5 minutes	BREAK
15 minutes	
5 minutes	BREAK
15 minutes	

Sample 2: STUDY PLAN=1 HOUR

Time	Activity
15 minutes	
5 minutes	BREAK
15 minutes	
5 minutes	BREAK
15 minutes	
5 minutes	BREAK
15 minutes	