# Strategic Studying Techniques

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Objective: To improve your studying techniques or strategies to help your overall grade in Athletic Medicine.**

**Specifications:**

1. **To research 3 different studying techniques. They cannot be ones currently used in class. They may be techniques in other classes but you must still provide evidence and research.**
2. **You will complete a typed 2-page paper showing your strategies and the research behind each technique and how each one could help you in Athletic Medicine.**
3. **You will select one technique or strategy and develop a plan of how you will use it in Athletic Medicine.**
4. **You will provide a narrative every two weeks of how you have implemented it and how it is working. You may realize you need to choose another strategy from your original 3 options. You need to provide reasoning for the change in direction.**
5. **You will conclude with a 1 page typed narrative at the end of the year & discuss how the selected strategy worked and how it can be used in classes moving forward.**

2 page typed paper- Tuesday, April 11th (50pts) \_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 week check in/narrative- Tues., April 25th (25pts) \_\_\_\_\_\_\_\_\_\_

2 week check in/narrative- Tues., May 9th (25pts) \_\_\_\_\_\_\_\_\_\_\_\_

2 week check in/narrative- Tues., May 23rd (25pts) \_\_\_\_\_\_\_\_\_\_\_

***Final Narrative Due- Tuesday, June 6th (25pts) \_\_\_\_\_\_\_\_\_\_\_\_***

**Grading will be done by the following:**

1. CONTENT

3 strategies researched 3 strategies not researched

5..........................4.......................3.......................2..........................1

1 strategy selected 1 strategy not selected

5..........................4.......................3.......................2..........................1

2 page paper typed 2 page paper not typed

5..........................4.......................3.......................2..........................1

3 narratives completed 3 narratives not completed

15.........................12.5..................10....................7.5.......................1

Final narrative completed Final narrative not completed

25.........................20.....................15.....................5..........................1

Research Cited Research not cited

15.........................12.5...................10....................7.5........................1

1. CREATIVITY

Strategies specific to student’s needs Strategies not specific to student’s needs

5..........................4.......................3.......................2..........................1

Solid study methods listed Solid study methods not listed

5..........................4.......................3.......................2..........................1

1. PRESENTATION

Well organized/well proportioned Unorganized

5...........................15.....................10.....................5..........................1

Total= \_\_\_\_\_\_\_/85 points + \_\_\_\_\_\_\_\_\_ 150 (Front)

**Total Points project \_\_\_\_\_\_\_\_/235 points**