How to study well and get medals and stuff :)

- Spread your work out. Don't leave all your studying til the day before the tryout/competition. Procrastination is a bad habit!!
  - Making a study calendar is helpful. Make sure your daily tasks are challenging but reasonable (if it looks overwhelming you're going to avoid doing it)
    - E.g. "On Monday - read chapter 1 and 2." NOT "On Monday - read entire textbook."
- Spend a lot of time making good cheatsheets and binders. It helps you learn and it's important to have something useful to fall back on during the actual competition.
- Make flashcards, Quizlets, other study tools. Draw diagrams for yourself.
- Practice teaching other people (friends, underclassmen) event information. It helps you ingrain the info.
- Try to take notes by hand, don't type - it's much easier to ingrain information in your head that way
- Get used to the grind. Start small - study for 1 hour straight, then 2 hours, etc. Try to get to the point where you're comfortable studying for like 4-5 hours straight.
  - Take small brain breaks though, don't actually just be studying for 5 hours - if you grind for too long you won't be able to retain any more information
  - Don't make excuses. Don't nap for 3 hours after you study for 1 hour. Be reasonable with yourself
- Hide your laptop/phone while you study (if you're not using them for study purposes). They can be very distracting. Temporarily block Facebook and Buzzfeed, etc.
- Take LOTS of practice tests. This is probably the most important part of all. Taking tests allows you to get used to the time crunch, format, and other conditions of testing.
  - Take tests in testing-like conditions. Don't work slowly or look up the answers. The only person you're hurting by doing that is yourself!
  - Always correct your answers.
  - Make a google doc or something with content you tend to get wrong, and focus on those areas.
- Make study groups. Work with your partner(s). Two heads are better than one!
- Split up the information between you and your partner(s). Two people being really good at a few things each is highly preferable to two people being mediocre at a bunch of things.
- Take advantage of online + physical resources. Look up lecture notes, crash course videos, animations… etc.
- KNOW THE EVENT RULES BY HEART
  - + Test makers tend to go beyond what's in the rules, so try to study everything in the general content area, not just what's listed
    - Studying fun facts, vocab, things like that is always good (E.g. for Ecology - Chesapeake Bay is a big estuary in the US; Three Mile Island was a nuclear disaster in Pennsylvania in 1979)
- Know your cheatsheet/binder by heart
  - Don't waste time searching for info because you don't know the layout of your cheatsheet!
- GO TO MEETINGS! Be productive at them as well - meetings are not just for being social
- Believe in yourself!! <3 Don't be intimidated by other people. Remember, everyone starts somewhere.
- Learn from failures. Try to pinpoint what you did wrong and fix it.
  - E.g. Invasives 2017 - we had a disorganized binder. So we fixed the binder and got 2nd at States!
- Don't be afraid to ask captains and peers for help!