Studies have shown that short amounts of studying over several days or weeks helps students perform better instead of cramming everything into one study session the night before a test. Studying over time allows your brain to more effectively store the information into your long-term memory and help you “find” the information when taking an exam. You’ll remember the information for a longer amount of time.

Knowing this to be true, your fifth grade teachers would like you to study for five minutes each night\* to prepare for Friday’s spelling and vocabulary quizzes. Here are some suggestions about how you can spend those five minutes. You may want to choose a different idea for each night, and you’ll also want to find which techniques work best for you. For instance, some people swear by flash cards while others find that connecting words to their own lives helps the most—you can experiment to learn what will help you learn the words best.

Here are some options for vocabulary:

*Log In and Learn*

Go to [www.vocabularyworkshop.com](http://www.vocabularyworkshop.com), sign in, and play one of the games offered by the book’s publishing company.

*Know it in a Flash*

Make flash cards and study them. Be sure to include those synonyms and antonyms!

*It’s Hip to Be Square*

Create word squares for the words that are most difficult (see sample attached).

*Quick Quiz*

Ask a parent or babysitter to quiz you on the words, either orally or in writing. See which ones you know well and then spend more time on the challenging words.

*Teach Your Teddy Bear*

In order to teach something, you need to know it well. Learn the vocabulary words by instructing an imaginary class about how to best use each word and those synonyms and antonyms.

If you devise a strategy that works well for your five minutes each night, please share it with the rest of the class; we can all learn from each other! Thanks ☺.

Here are some spelling options:

*Speller-cise*

Do a jumping jack for each letter in the word. Shout out each letter as you go!

*Third Time’s a Charm*

Type or write (maybe print one night and cursive the next!) each word three times—of course, you’d be spelling them correctly each time ☺. Write the words in, or tape your work into, your spelling notebook.

*Quick Quiz*

Ask a parent or babysitter to quiz you on the words, either orally or in writing. See which ones you know well and then spend more time on the challenging words.

*Do You See What I See?*

Look at the word and get a picture in your head. Close your eyes and keep the picture in your head. Then spell the word out loud or on paper—check your work by having a parent listen in or by going over what you’ve written, one letter at a time!

*Break It Up*

Split the word into chunks and focus on one syllable at a time. Notice any prefixes or suffixes that you already know how to spell! Say each chunk, spell it aloud, and then put all of the pieces together. Sometimes changing the emphasis on the syllables makes the word sound funny and helps you remember the spelling better.

\*NB: you may find that five minutes each night is not enough for you. In that case, you may have to do ten minutes on some nights. You’ll find what works best.

Review all ten ideas with a parent. Put a star next to the ideas you think will likely be most helpful to you. Please have your parent sign below to show that s/he has reviewed the possibilities with you.

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_