

Study Habits Checklist

Do you exercise good study habits?

- I keep separate notebooks organized with class materials and notes for each course.
- I am physically and mentally alert for listening and taking notes in class and for studying.
- I use a good environment where I can really concentrate.
- I know what instructors expect.
- I take good notes in class and use them soon after for study/review.
- I take good notes from my textbook to help me study later.
- I use the Jones and Bartlett web site, www.firefighter.jbpub.com for chapter pretests, interactivities, the Hot Term Explorer, and more!
- I plan and organize my time so that I have plenty of study time.
- I attend all classes, or make them up ASAP if I'm out sick.
- I know how to analyze my returned exams so I can learn from my mistakes.
- I know what my grade is, so far, in each course.
- I know how to get tutoring whenever I feel I might need it.
- I ask my instructor whenever I don't understand something.
- I find another firefighter to study with whenever possible.
- I proofread my work for errors.
- I study approximately 2 hours each week for every hour in class.
- I keep up with reading and homework assignments.
- I review often to make studying easier rather than cram the night before an exam.

Need additional study resources?

Southern Maine Community College Library
Second Floor, Campus Center
2 Fort Road
South Portland, ME 04106
207.741.5521 (Circulation & Access)
207.741.5783 or 5785 (Reference)
207.741.5522 (Fax)
877.282.2182 (toll-free)
ariel@smccme.edu (Ariel Services)



Firefighters' Study Guide

How is firefighter training and education different from general studies?

What learning challenges are unique to the student firefighter?

What strengths does the firefighter bring to the study/classroom environment?



Form Good Study Habits

Maybe you never studied much in high school, or maybe it has been a long time since you were in school. If you never really learned how to study, or are just out of practice, here are some guidelines to follow. Remember — your motivation to do well is the most important requirement of all. Without it, you will soon give up, so stay focused on your goals! The first, most essential thing to do, is to **schedule your time**. Make sure that each day has time set aside for studying and stick to that time. Treat your study time as sacred, so that you are alert and ready for a good session.

Peace and quiet is a must for good concentration and study. Work in an undisturbed place. College or public libraries are ideal, as they have quiet study areas. If you're at home, don't study in front of the TV. Leave the music off. If it's unavoidable, use ear-plugs or go to another room, rather than be easily distracted. Unplug the phone if you can, so there'll be no interruptions.

Make sure you've got adequate lighting and that you're not too hot or too cold. Have a clear working area, with only the study tools you need — a highlighter, notebooks and whatever else you need. It's hard to study when surrounded by clutter.

*Keep in mind
that you should plan on
two hours of studying
for every one hour in class.*

Work only for 45-50 minutes with a 10-15 break for your eyes and brain. This is important — without a break, you will lose concentration and grow mentally and physically exhausted.

“R” You Ready?

A good study strategy will help you not only do well on FF I & II tests, but your knowledge will stay with you much longer.

Review the NFPA 1001 standard, the Knowledge & Skill objectives at the beginning of each chapter to gain an understanding what is expected of a candidate upon completion of the course.

Role Play! Utilizing the chapter "You are the Fire Fighter" scenarios, act out the questions posed to gain an understanding of the concepts presented.

Read the "Voices of Experience" excerpts along with each chapter as they offer valuable lessons from seasoned firefighters.

Repetition. Skill Drills are the action areas that every fire fighter must master. Mastery can only be achieved through repetition. Think about how you learned the multiplication tables. Sitting at a table after dinner with your family and flash cards for 20 minutes per night until your could answer the questions as if it were second nature. Now think about how will respond to the command to "raise the 35 foot extension ladder to facilitate the rescue of person from the third story window.

Read the Wrap-up at the end of each chapter. Do not proceed if you do not have command of the concept and skills. Finish each chapter by completing the Fire Fighter In Action questions. Use the Student Workbook in conjunction with the textbook chapters.

Visit the J&B website:

www.firefighter.jbpub.com for

- Chapter Pretest
- Interactivities
- Hot Term Explorer
- Glossary and more!