

## Academic supports and resources

There are lots of resources out there to help you understand and review concepts you have learned.

[Exambank.com](https://www.exambank.com) is a great resource to practice test questions.

Ardrossan students' user name is:ei.ajs Password: ski.

[Khan Academy](https://www.khanacademy.com) has a ton of videos covering lots of Math and Science topics, from early math all the way up to University courses.

And [Edquest](https://www.edquest.com) is a great study site for Junior High Science.

NAIT Learning Services has created a number of modules highlighting study skills and strategies. Explore one or all of them: [NAIT Learning Services](https://www.nait.ca/learning-services).

[Exam Time/Study Time/Reflection](https://www.examtimestudytime.com) - this site was created to help students with the pressure and stress of exam taking, especially at the end of semesters. Includes tips for dealing with stress, exam anxiety, getting organized, taking notes, and preparing study notes.

[Study Skills Checklist of Students](https://www.study-skills-checklist.com) - The purpose of this checklist is to provide you a basic self assessment of your study habits and attitudes, so students can identify study skills areas where they might want to focus on improving.

[Habits of Successful Students](https://www.habits-of-successful-students.com) - The following are the top 10 study habits employed by highly successful students.