

## EFFECTIVE STUDY HABITS

### 1. Set up a regular study schedule and use the time efficiently.

- 📖 Choose certain times each day for homework/studying and keep the schedule.
- 📖 Prioritize work (i.e. do most important things first)
- 📖 Break large assignments into smaller parts
- 📖 Study least favorite subject first
- 📖 Complete memorization first and review again after completing other work
- 📖 Take short breaks (stretch, get a drink or snack, etc.) between subjects or after 45-60 minutes of study

### 2. Study in the same place each day.

- 📖 The study area should be well lit, quiet, comfortable and neat.
- 📖 Eliminate distractions—no television, music or cell phone

### 3. Collect necessary materials before getting started.

- 📖 Assemble books, paper, pen, pencil, ruler, dictionary, etc. to eliminate interruptions.

### 4. Know your learning style.

- 📖 Determine whether you learn best by seeing material (visual learner), by hearing the material (auditory learner), or by doing activities (kinesthetic learner).
- 📖 Visual learners: take notes, use flashcards, "visualize" material
- 📖 Auditory learners: read aloud, discuss, review material out loud
- 📖 Kinesthetic learners: move around while studying, write or type notes, use objects

### 5. Get organized.

- 📖 Have an organized notebook or set of folders for each class.
- 📖 Keep your locker and backpack neat.
- 📖 After studying, organize materials for next day before you go to bed.

**6. Write down all assignments in an assignment book or specified area of your notebook.**

 Use one page or area for each day's assignments.

**7. Develop and use study strategies when preparing for tests.**

 Flash cards - write a term on the front and a definition or fact on the back

 Divided page - fold a piece of paper in half; write questions on left, answers on the right

 Cover card - read what you are trying to memorize; cover it up with a card and try to recite or write the facts from memory

**8. Take detailed notes in classes.**

 Write down important points during class to help you pay attention.

 Review these notes when preparing for tests.

**9. "Overlearn" material when studying.**

 When you reach a point where you think you've learned the material, spend just a bit more time in extra study. For example, if you spent 1 hour learning the material, spend 15 more minutes to "overlearn" the information.

**10. Review material frequently.**

 80% of what is learned can be forgotten in two weeks. Reviewing material already learned will help you retain the information much longer.