

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.