

Study Skills: 10 Habits for Academic Success

1. Don't study too much at once.

You will tire easily and your studying will not be effective. Space your work out over shorter periods of time. Additionally, take breaks to restore your mental energy

2. Designate specific times for studying.

Study time can be assigned reading, working on a project, or studying for an exam. Schedule specific segments throughout the week dedicated solely for academic work.

3. Study at the same time every day.

Studying at the same time every day establishes a routine that becomes a regular part of life---similar to brushing your teeth or working out.

4. Set goals for study times.

Goals help you stay focused and allow you to monitor your progress. You must be clear about what you want to accomplish each time you sit down to study.

5. Begin studying when planned.

It's common to want to delay a project or assignment because you perceive it to be difficult. You may end up rushing to make up wasted time, resulting in careless work and errors.

6. Work on most difficult assignments first.

Your most difficult assignment will require the most effort. Start with your most difficult assignment when you have the most mental energy.

7. Review notes before beginning an assignment.

Reviewing your notes can help you make sure you are doing an assignment correctly and addressing all components.

8. Schedule cell phone breaks.

Avoid using your cell phone, which can serve as a large source of distraction while studying. Check your texts and social media during your regularly scheduled breaks.

9. Call another student when having difficulty with assignments.

This mutual processing may help you work through some confusing components of the assignment.

10. Review schoolwork over the weekend.

Incorporate a balance of fun and schoolwork. This will help you be ready to go on Monday morning when another school week begins.

Source: Adapted from
www.how-to-study.com

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