



## STUDY HABITS

Let's talk about your study habits. Whether the school year has just begun or you're somewhere in the middle, you can start practicing good study habits right now. Here are some ways to help you improve your study time and your grades.

### THE PERFECT 10

- 1. Find the best place to study.** You need a place with good lighting, which will reduce eyestrain and keep you from getting tired too fast. Some people need absolute quiet when they study; some need music in the background. The key is to have an area that allows you to see well, concentrate and spread out your books and papers so you can get organized. Find a desk, kitchen table or bed, and keep away from distractions like TV, cellphones or pets.
- 2. Don't wait until the last minute.** Study a little every night instead of cramming late the night before a test.
- 3. Study more frequently, for shorter time periods.** Four half-hour study sessions are much better than a single two-hour session.
- 4. Begin study time with your most challenging subject.** Start with your most difficult assignment since this is when you have the most mental energy. It may also require the most effort from you.
- 5. Take a break.** If you find you're losing concentration, get up and move around. Stretch or get a drink. You'll be more alert when you start studying again.
- 6. Organize every class. Use a separate binder, folder or notebook for each of your classes.** You need a place for notes, handouts and homework assignments for each class. Stuffing all of your papers together into one folder or inside your backpack is a sure way to misplace an important homework assignment.
- 7. Get organized each night for the next day.** Put all of your papers in their correct place and review your weekly calendar and goals.
- 8. Make the most out of your classroom time.** A lot of new information is introduced in your classes, so don't expect to learn everything later on your own.
  - ▶ Listen carefully to the teacher and ask questions when you don't understand.
  - ▶ Avoid talking to friends or texting during class time.
  - ▶ Write down assignments and due dates carefully.
  - ▶ When taking notes, draw pictures or diagrams to help you memorize certain facts.
  - ▶ Use free time in class to study or begin another assignment.
- 9. Study with your friends.** Talking with each other or with a group can help you grasp new information. Studying together can be helpful as long as everyone involved is focused on the right subject. Quiz each other by asking questions or using flashcards. Check out a variety of fun flashcard apps. Working together, you can help fill in the gaps for each other and understand the subject more.
- 10. Ask for help.** If you need help in a subject, don't wait to ask for it! Sometimes getting one question answered can make everything else fall into place. Start by talking to your teacher. Your teacher or school counselor will also know about tutors in your area.

### Think it through

Review the 10 study habits provided and pick one or two of them to focus on this week. Write your observations below.

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### Talk to your parents

Think about and discuss your current study habits with your parents. Do you see room for improvement? Do your parents have any tips or suggestions to help you? Ask them to quiz you to help you prepare for a test. Remember, your parents want you to succeed and are there to help when needed.