

## The Ten Study Habits of Successful Students

Successful students have good study habits. They apply these habits to all of their classes. Read about each study habit. Work to develop any study habit you do not have.

Successful students:

### 1. Try not to do too much studying at one time.

If you try to do too much studying at one time, you will tire and your studying will not be very effective. Space the work you have to do over shorter periods of time. Taking short breaks will restore your mental energy.

*First –Last – Connected: It is often easiest to remember the first information, the last information and information that makes a connection for you! Having breaks gives you more of these first – last episodes.*

### 2. Plan specific times for studying.

Study time is any time you are doing something related to schoolwork. It can be completing assigned reading, working on a paper or project, or studying for a test. Schedule specific times throughout the week for your study time.

### 3. Try to study at the same times each day.

Studying at the same times each day establishes a routine that becomes a regular part of your life, just like sleeping and eating. When a scheduled study time comes up during the day, you will be mentally prepared to begin studying.

*Planning & Routine: These ensure you are better mentally and emotionally prepared for study and therefore studying is more effective.*

### 4. Set specific goals for their study times.

Goals will help you stay focused and monitor your progress. Simply sitting down to study has little value. You must be very clear about what you want to accomplish during your study times.

*Chunking: Divide your work into smaller and more achievable sections to increase your success.*

### 5. Start studying when planned.

You may delay starting your studying because you don't like an assignment or think it is too hard. A delay in studying is called "procrastination." If you procrastinate for any reason, you will find it difficult to get everything done when you need to. You may rush to make up the time you wasted getting started, resulting in careless work and errors.

*Take Responsibility for your learning: Having set your priorities, set your study plan then be responsible in following it through to achieve your study goals.*

6. **Work on the assignment they find most difficult first.**

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

*Starting with the most difficult when your mind is fresh gives maximum ability to gain understanding. The reward of overcoming the biggest hurdle is that other areas seem more achievable by comparison.*

7. **Review their notes before beginning an assignment.**

Reviewing your notes can help you make sure you are doing an assignment correctly. Also, your notes may include information that will help you complete an assignment.

*Make sure you do homework (revise within 24 hrs), Revise the weeks work over the weekend (even taking the time to read through and sort notes on the weekend will make a difference – revise within a week), Revise for assessments (revise within a month). Collectively these will dramatically reduce the amount you forget while making it significantly easier to recall in exam study later.*

8. **Tell their friends not to call them during their study times.**

Two study problems can occur if your friends call you during your study times. First, your work is interrupted. It is not that easy to get back to what you were doing. Second, your friends may talk about things that will distract you from what you need to do. Here's a simple idea - turn off your cell phone during your study times.

*Get your family to help screen your calls when you are studying. Use your communication with friends as a reward for work done rather than a distraction from it.*

9. **Call another student when they have difficulty with an assignment.**

This is a case where "two heads may be better than one."

*Be your own solution first!! If you look and still can't find an answer – seek help. Rereading something you didn't have any understanding of is not very productive.*

10. **Make sure that you separate the different topics you study.**

There are different methods for separating study topics. These range from something as simple as taking a break between topics to using colour or changing study areas.

*Use different coloured paper, pens or highlighters. Study different subjects in different areas. **Interference** occurs when the different topics you are studying becomes jumbled.*

**These ten study habits can help you throughout your education. Make sure they are your study habits.**

Adapted from Study Skills on [www.how-to-study.com](http://www.how-to-study.com)