

# Study Habits

## Freshman Seminar, Ellet High School

- **Take responsibility for yourself**  
Responsibility is recognition that in order to succeed you can make decisions about your priorities, your time, and your resources
- **Decide what to study** (reasonable task) and how long or how many (chapters, pages, problems, etc.).
- **Center yourself around your values and principles**  
Don't let friends and acquaintances dictate what you consider important
- **Put first things first**  
Follow up on the priorities you have set for yourself, and don't let others, or other interests, distract you from your goals
- **Set and stick to deadlines.** Make a time chart to follow when studying or completing school projects.
- **Discover your key productivity periods**  
Morning, afternoon, evening. Know when you study best.
- **Have special places to study.** Take into consideration lighting, temperature, and availability of materials.
- **Consider yourself in a win-win situation.**  
You win by doing your best and contributing your best to a class, whether for yourself, your fellow students, and even for your teachers and instructors. If you are content with your performance, a grade becomes an external check on your performance, which may not coincide with your internally arrived at benefits
- **First understand others, then attempt to be understood**  
When you have an issue with an instructor, for example a questionable grade, an assignment deadline extension, put yourself in the instructor's place. Now ask yourself how you can best make your argument given his/her situation
- **Look for better solutions to problems**  
For example, if you don't understand the course material, don't just re-read the material. Try something else! Consult with the teacher, a tutor, an academic advisor, a classmate, a study group, or your school's study skills center
- **Look to continually challenge yourself**
- **Do difficult tasks first.** For procrastination, start off with an easy, interesting aspect of the project.
- **Consider time on task.** Study 50 minutes, and then take a 10 minute break. Stretch, relax, have an energy snack. Use shorter, "spaced" time intervals for rote memorization, review, and self-testing.
- **Bored? Switch gears.** If you get tired or bored, switch task/activity, subject, or environment.
- **Memorizing material?** Do rote memory tasks and review, especially details, just before you fall asleep.
- **Study with a friend.** Quiz each other, compare notes and predicted test questions.

### Works Cited

Counseling and Psychological Services. *Improve Your Study Habits.* <http://caps.unc.edu/TenTraps.html>

Study Guides and Strategies. *Effective Habits for Effective Study.* <http://www.studygs.net/attmot4.htm>