

# Developing Effective "STUDY HABITS"

Successful students have learned how to study smarter, not harder. Effective approaches to share with student include:



**Choose specific times to study**  
*a routine helps mental preparation to study.*



**Set specific goals for each study period**  
*this helps to stay focused so it is easy to evaluate progress*



**Stick to the plan**  
*delaying a study session because of a difficult assignment is only procrastinating and can mean sloppy and rushed work later.*



**Tackle the difficult assignments first**  
*when mental energies are highest.*



**Review class notes**  
*before beginning an assignment to be sure all instructions are understood.*



**Ask for help**  
*when it is needed sometimes a task related call to a classmate is all that is needed.*



**Take short breaks**  
*during studying to refresh energy*



**Plan on reviewing**  
*what has been covered in class to identify what subject matter is most important*



**Maintain a positive attitude**  
*even if a subject seems difficult; shift priorities and spend a little more time in these areas.*