

Study Habits of Successful Students

Try not to do too much studying at one time and take short breaks.

Plan specific times for studying.

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.

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.

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.

Review 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.

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.

Call another student when they have difficulty with an assignment.

Use patterns when studying.

Alternate moving and sitting when studying

Use colors. Put things in categories using colors.

Break things down. Take notes when reading. Make notes into notecards.