

7th grade

Study Habits for Success

1) Schedule Study Time:

- b) Defining your work is the first thing you need to do. You can't study if you don't know what it is you need to study for. Estimate the time needed.
- c) Make sure to have a *specific* time for studying. Many things tend to *compete* with studying.
- d) Follow your schedule promptly. Begin and end on time.
- e) Reassess your schedule according to your needs. Be flexible (e.g. one week you may need to put more time to study because of exams).

2) Study at the best time:

- a) Most find it best to *first* study and then to do other things. This opens your time to do other things: read, be with friends, visit a museum, listen to music, etc.
- b) Usually, the most difficult time is the first 20 minutes. Then it's only momentum, *so hang in there*.
- c) Look at your biorhythm
- d) Do the hard task or assignment first. Most are more efficient early on.

3) Place to study:

- a) Study on a desk, ideally with a chair with armrests.
- b) To avoid distractions, have in your desk everything you need:
 - Have two pens (one in use and one backup). For math and similar classes, have a pencil with a good eraser.
 - Have sufficient paper for notes. Don't be skimp here. Have one notebook (or section of a notebook per class; or a three ring binder with plenty of paper and clear dividers).
 - Bright light.
 - Dictionary, Thesaurus and Calculator.
 - Have file cards or blank pieces of paper to make flash cards.
- c) Keep your desk neat—where you can find things easily. Have only what is needed so you can concentrate.
- d) Find a place where **there is silence** and avoid multitasking: no I pod, IM, video games, etc.

4) Remain sitting. Avoid frequent breaks.

- a) Work for 50-60 minutes without a break—take a maximum of a 10 minute break. Avoid taking bathroom or food and drink breaks.
- b) Have no phone around—have someone take messages and you call back later on (standard procedure in professional life).

5) Finish your work entirely

- a) Don't leave a small part until the morning of the day it's due.
- b) Study for test until all the material is known.