

Building Effective Study Habits

The following time management strategies can be used to improve your study habits.

Pick two or three to practice using. Once you've mastered those, choose a couple more.

- ✓ Study difficult or boring subjects first! If a particular subject is hard or puts you to sleep, tackle it first while you are fresh.
- ✓ Be aware of your best time of day. Many people learn best in daylight hours. Observe yourself to find out if this is true for you. If it is, schedule study time during the day. If not, find out what time of day is best.
- ✓ Use your waiting time effectively. Ten minutes on

the school bus or 5 minutes in the lunch line add up. Have short study tasks written up on 3x5 like formulas or definitions, and pull them out to study while waiting.

- ✓ Use a regular study area. When you use the same place to study day after day, your body and mind become trained. It will help you focus more quickly focus your efforts.
- ✓ Don't get too comfortable. Easy chairs, a sofa, and your bed are dangerous places to study. If its too comfortable, your body may get the signal that it is time to sleep, rather than time to study.
- ✓ Avoid noise distractions. Don't study in front of the TV. If you are really sure you study better with music (few people really do),

make sure you select songs that won't interfere with your concentration.

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