

IMPROVE

YOUR

STUDY

HABITS

**SET ASIDE A SPECIFIC
TIME TO STUDY. FIND A TIME
WHEN YOU ARE MOST ALERT AND
PLAN IT INTO YOUR DAY.**

**STUDY EVERY DAY. EVEN IF
YOU DON'T HAVE ASSIGNMENTS TO
DO, REVIEW YOUR NOTES AND SPEND
TIME ON TOPICS YOU FIND DIFFICULT.**

**CREATE YOUR OWN
STUDY SPACE. GO TO THE
LIBRARY OR AN EMPTY CLASSROOM,
OR GET A DESK IN YOUR ROOM. MAKE
SURE THIS SPACE IS AWAY FROM
DISTRACTIONS.**

**DON'T DO OTHER THINGS
WHILE YOU ARE
STUDYING. THIS INCLUDES
WATCHING TV, FIXING A SNACK, AND
TALKING ON THE PHONE. IF YOU LIKE
BACKGROUND MUSIC MAKE SURE IT
DOESN'T HAVE VOCALS TO DISTRACT
YOU.**

**TAKE GOOD NOTES. THIS
KEEPS YOUR MIND FROM WANDERING
AND PREPARES A STUDY GUIDE FROM
YOUR READINGS.**

**HOMework SHOULDN'T
TAKE UP ALL OF YOUR
SPARE TIME. IF YOU FIND YOU
ARE SPENDING TOO MUCH TIME
STUDYING, SEEK ASSISTANCE FOR
TIME MANAGEMENT AND STUDY
STRATEGIES TO BECOME MORE
EFFICIENT.**

**ASK FOR HELP IF YOU
NEED IT. PROFESSORS, TA'S, AND
FRIENDS ARE USUALLY WILLING TO
GO OVER THE INFORMATION WITH
YOU. START A STUDY GROUP OR GET
TUTORING.**