



## IMPROVE YOUR STUDY HABITS

Do you avoid studying like the plague? Do you find it hard to concentrate on your homework? Do you get to class and not remember anything of what you studied the night before? If so, here are some tips to help make your study time more worthwhile:

- Set aside a specific time to study. Many students find it easiest to come home, have something to eat, and then study right away, but if you have other activities at that time you'll need to find what works for you. Whatever time you decide, make sure and schedule it into your day by blocking out that specific time period in your personal planner/organizer. This will help you to stick to it.
- Study every day. If you don't have assignments to do, take a few minutes to review topics that you find hardest. This may sound like a drag, but it's good to get into the habit of doing it every day. You will be glad you did it when your assignments are easier and your test scores increase!
- Create your own study space. If you don't have a desk in your room, or if the dining room table doesn't give you enough peace, consider going to study hall, the school or local library or going to a local bookstore or coffee shop if you work better with background noise.
- Don't do other things while you are studying. This includes watching TV, fixing a snack, and talking on the phone. Some people claim they can study better with music playing. That's a matter of personal preference. If it's just quiet background music that doesn't make you want to play the drums on your books, it's probably not too distracting. Find out what environment is best for you and try to stick to it.
- If you have a lot of reading to do to prepare for a test, try taking notes or highlighting as you go along. Otherwise, you'll find your mind wandering. If you need help with how to go about this, talk to your mentor.
- Homework shouldn't take up all of your spare time. If you find one teacher is giving out hours of homework all the time, it could be that he/she doesn't realize it takes so long. Talk to your teacher, or to another teacher you can approach and alert them to the amount of time your homework is taking up.
- Finally, ask for help if you need it. Don't wait until you are completely overwhelmed and stressed or the day before a test. The earlier, the better. It is smart to also get help even when you think you may be able to do it on your own; extra help never hurts anyone! Teachers and friends are usually willing to go over something with you again if you didn't quite "get it" the first time. Or ask your question in the forum, where you can join up with others who might understand that particular topic better.

Information gathered from various on-line resources.