Developing Effective Study Habits

Successful students learn how to study smarter, not harder! Below are some examples of effective approaches to studying:

1. **Choose a specific time to study**
   - A routine helps mental preparation to study and it’s always better to do a little bit everyday instead of sitting down for 24 hours straight.

2. **Set specific goals for each study period**
   - Having a goal when studying helps students to stay focused so it is easier to evaluate progress.

3. **Stick to the plan**
   - Delaying a study session because of a difficult assignment is only procrastinating and can mean sloppy and rushed work later.

4. **Tackle the difficult assignments first**
   - When mental energies are highest it is best to complete a difficult assignment.

5. **Review class notes**
   - Before beginning an assignment, be sure all instructions are understood and that class notes have been reviewed.

6. **Ask for help**
   - When help is needed sometimes a fast study-related call to a classmate or a quick search on the internet can be very helpful.

7. **Take short breaks**
   - Taking quick 5 to 10 minute breaks during studying is a great way to recharge your energy.

8. **Plan on reviewing**
   - Review what has been covered in class to identify what subject matter is most important.

9. **Maintain a positive attitude**
   - Keep a positive outlook even if a subject seems difficult; shift priorities and spend a little more time in these areas.
Set SMART Goals

Achieving small goals keeps you on track to achieve your ultimate goal!

“S” is for Specific: Is the goal clearly written, with no conflicts? Is it clear what goal needs to be accomplished, and any support that might needed?

“M” is for Measurable: Does the goal answer the question of how many, how much and/or how often?

“A” is for Achievable: Can you get the support you need to achieve the goal by the target date? Do you have the resources needed to achieve the goal? Are the results expected realistic?

“R” is for Relevant: Does the goal make a difference in your grade? Is it going to make an improvement in your academic life? Is it going to significantly make a difference to your academic performance?

“T” is for Time-bound: Does the goal state a clear and specific completion date? Is the time set for the goal realistic and reachable?

Practice setting SMART Goals

My Goal is:

Steps to reaching my goal:
1. 
2. 
3. 

Things that will help me reach my goal:
1. 
2. 

I will know I have reached my goal because:

Goal Completion Date: