

How to Develop Positive Study Skills

What's the Best Way to Study?????

A. Find a quiet place to study

B. Origination and management of notes and handouts (organization of papers and binders, study planning, prioritizing, and goal setting).

C. Developing time management skills is a journey (know what and how long to study).

(Quiet place) This is one of the most important aspects of studying. Because in order to retain what you've studied, it needs to be quiet.

(Time management) What you do with your time is important. Don't do random study. This never helps anyone.

(Prioritize assignments) When studying, get in the habit of beginning with the most difficult subject or task. For more difficult courses of study, try to be flexible in your approach to success. Build in "reaction time" when you can get feedback on assignments before they are due. (I.e. tutors.)

(Study Time): develop, or plan for blocks of study time of about 50 to 60 minutes? How long does it take for you to become restless? Some learners need more frequent breaks for a variety of reasons. More difficult material may also

require more frequent breaks. Place blocks of time when you are most productive, as a morning person or night owl!

(Details of Study) Don't work the details until your assignment concept is fully developed. "Perfection is the enemy of good", especially in the course of beginning an assignment. Build in your review, roughly draft your idea and, proceed from there. Don't get frustrated if you don't get the concept, take a break and come back to it later.

(Postpone other routine activities) task that can be put off until school work is finished, is best done after studying. Eliminate delegate or delay non-essential tasks as part of prioritizing. (Get the oldest child to watch the others, put the phone on vibrate, turn off the T.V). Review for a test may be more important than enjoying a sport. Also playing the game later will be more enjoyable without the pressure of a test in the back of your mind.

(Develop alternative study places)

To maximize concentration, find other places to study.

Use your "free" time wisely. Think of times when you can study "bits" as when walking, riding the bus, etc. Small increments of time work just fine.

Review **notes and readings just before class**

Review **lecture material immediately after class** (Forgetting is greatest within 24 hours without review).