



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.

1. Study difficult or boring subjects first. If a particular subject is hard or puts you to sleep, tackle it first while you are fresh!
2. 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 for during the day. If not, find out what time is best.
3. Use your waiting time effectively. Ten minutes waiting on a bus or five minutes between classes can add up. Have short study tasks, such as formulas or definitions, written on 3x5 cards, and pull them out to study while waiting.
4. Use a regular study area. When you use the same place to study, day after day, your body and mind become trained. It should help you focus more quickly.
5. Don't get too comfortable. Easy chairs, the bed or a sofa are dangerous places to study. If too comfortable, your body may be getting the message "time to sleep" rather than "time to study."
6. Avoid noise distractions. Don't study in front of the TV. If you really are certain you study better with music, make sure you select a kind that doesn't interfere with your concentration.
7. Avoid the phone. The telephone is a perfect interrupter. You don't have to be a telephone victim. Just say, "I can't talk, I'm studying." It almost always works!

Good luck!

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