

St. Jude's Global School

Nine Effective Study Habits for Education for Life

Most adults are aware that careful time management will help them accomplish all that they want and need to do at home and on the job. Many of them also developed this skill during their student years, and if you can do the same, you will find it is a valuable asset that you will use throughout your education for life.

1. Choose a definite time and a place for studying

Decide what to study, when to study and where you will study during the available time on your daily schedule, keeping in mind that you will want to avoid studying late at night in order for your efforts to have their desired effect. Make sure that you have adequate desk space, good lighting, and a comfortable temperature as you study free from distractions, even from mosquitoes.

2. Prioritize your work.

With priorities in mind, begin your study period with the tasks that you feel are the most difficult or require a significant amount of concentration.

3. Be honest with yourself

You alone know whether you will do your best studying early in the morning or in the middle of the afternoon or in the evening. You may need a light snack or some background music to create the right atmosphere, and if you feel "bored" in your study room, get some fresh air and take a walk over to the reading room / any free area to do your work.

4. Get the most out of your assigned reading.

Read the material before class so that you will be able to follow your teacher and have your questions answered as well. Taking notes on what you read will help you to understand it and help you retrieve it better. It will also be an excellent way to review what you have studied before a test.

5. Don't sit passively through class.

Lectures are also a time when you can take notes, so that you can go through it later on your own and determine what your instructor emphasised.

6. Read effectively

With a typical textbook, try reading the summary at the end of a chapter first, along with the questions listed. Then, as you carefully read the main text, you will be able to focus on the major points and determine what the author is trying to say. You may also highlight key points, equations etc. using different colour highlighting pens

7. Find a study group that works for you

Meet with one or more fellow students to discuss the class contents, and learn to work with those who are really interested and follow a method of learning compatible with yours. This type of proactive socializing is not only valuable for your learning, but also is a healthy part of school life.

8. Remember to get help when you need it

If you feel stressed or suffer from "brain switch off," or if you need some guidance in order to complete a particular subject successfully, meet with your teacher-friend so that you can work on the problem together.

9. Don't cram before that exam

Occasionally, you may have to stay up late to complete a project or written assignment, but consistency in studying and long-range planning are two of your best tools in preparing for those "finals," rather than making a feeble, last-minute attempt to catch up with the others in your class. Remember to sleep well in order to give adequate time for your brain to do its auto-saving.