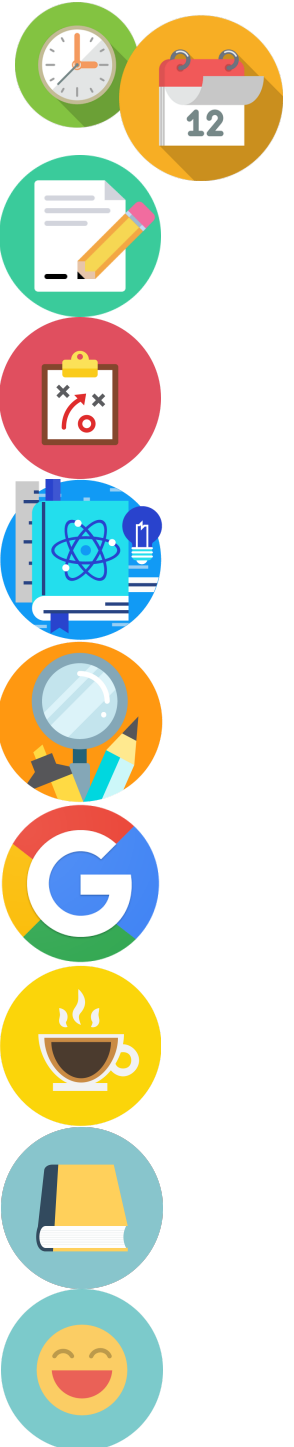




# Developing Effective Study Habits

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!

<b>S</b>	<b>“S” is for Specific:</b> Is the goal clearly written, direct, detailed, and meaningful? Is it clear what goal needs to be accomplished, and any support that might be needed?
<b>M</b>	<b>“M” is for Measurable:</b> Does the goal answer the question of how many, how much and/or how often? How will you track progress?
<b>A</b>	<b>“A” is for Achievable:</b> 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?
<b>R</b>	<b>“R” is for Relevant:</b> 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? Does your goal reflect who you are?
<b>T</b>	<b>“T” is for Time- Bound:</b> Does the goal state a clear and specific completion date or deadline? Is the time set for the goal realistic and reachable?

## Practice setting SMART Goals

My Goal is:

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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:

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Goal Completion Date:

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