



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

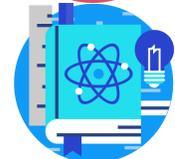
- Taking quick 5 to 10 minute breaks during studying is a great way to recharge your energy

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