
Effective Study Habits

Benefits

- Preparation for world of work.
- Intellectual discipline.
- Excellence in study.
- Learn to take responsibility for yourself.
- Develop your freedom.
- Overcoming mental laziness (laziness is always the first obstacle).
- Improve your concentration.

Intellectual Discipline

- Actively think of the meaning of what you are reading.
- Actively connect new data with previously learned material.
- Look for the main ideas.
- Find the key sentence.

Difficulties

- Interruptions
- Lack of motivation.
- Not enough time.
- Not understanding.
- Procrastination – delaying study time.
- The time and effort it takes to learn the most efficient way of doing a job – we prefer to “muddle through”.

Motivation

- **Extrinsic**

1. Points.
2. Rewards/sanctions from parents and teachers.

- **Intrinsic**

1. Contribute to make the world a better place.
2. Make use of your talents.
3. Give back something to your family and society.
4. Get an interesting job.

Useful techniques

Good Study Environment

1. Comfortable chair – not too comfortable.
2. Space for books.
3. Basic stationery and equipment.
4. Study in the **same** place.
5. A balanced lifestyle.

Method

- Always have a pen and paper at hand to encourage active learning.
- Use flash cards to learn formulae and vocabulary.
- Decide the time you are going to spend studying.
- Prioritise.
- Set clear and realistic goals.
- Be as specific as possible at each study session. Think of what you want to get done rather than “clocking in time”.
- Don’t skate over topics in the hope that they won’t matter!

Useful tips

- Sometimes you have to just start writing or reviewing notes to get going.
- Begin and begin again as often as necessary
- There are no short cuts. Self discipline is necessary.
- Use as many senses as possible (e.g. reading and listening).
- Use the last five minutes of study to review what you have learned.
- Always test yourself.

Assessing effectiveness

- Do you correctly estimate correctly how you do in tests?
- Do you stay up studying the night before?
- Do you forget what you have memorised?
(Over learn. There are things you never forget because they are over learned, such as the alphabet!).
- Be honest about your distractions.
- Be honest about your use of time.
- Know your strengths and weaknesses.

Revision

- Make a list of everything that has to be covered.
- Tick off topics as they are revised.
- Revise the day after learning it (the role of homework and reviewing in class the following day) , four or five days after learning it and ten days after learning it.
- A six week revision plan. Revise everything every six weeks.

Systems

- Question – what you already know about a topic.
- Read.
- Question – what you have learned.
- Make notes – always include diagrams in your notes.

Learning Styles

- **Auditory learner:**

Tapes; Listening; Discussing; Learning aloud

- **Visual Learner:**

Notes; Pictures; Diagrams

- **Tactile Learner:**

Objects rather than notes or lectures help most. Learning while moving around. Interactive learning.

Class time is the best study

- If you don't understand your subject, try something new- ask for help; discuss with teacher or colleague.
- Students can pick up most explanations and ideas in class.
- Be an active listener.
- Refer to class time as study time.

Critical Thinking

- Look for the facts of a new situation or subject without prejudice.
- Put these facts and information in a pattern so that you can understand them.

Characteristics of Critical Thinkers

- They are honest with themselves.
- They overcome confusion.
- They ask questions.
- They base judgments on evidence.
- They look for connections between subjects.
- They are intellectually independent.

Strategies for Critical Reading

- What is the topic of the book or reading?
- Make a preliminary glance through index, through chapter
- What issues are addressed?
- What conclusions does the author reach?
- Is the author using facts, theory, or faith?
- The best system is to make notes while reading