

## Effective Habits for Studying

- 1. Take responsibility for yourself** - recognise that to succeed you need to make decisions about your priorities, your time, and your resources.
- 2. Put first things first** - follow up on the priorities you have set for yourself, and do not let others, or other interests, distract you from your goals.
- 3. Discover your key productivity periods and places** - morning, afternoon, or evening? Find spaces where you can be the most focused and productive. Prioritise these for your most difficult study challenges.
- 4. Look for better solutions to problems** - for example, if you do not understand the course material, do not just re-read it. Try something else! Discussion, research, asking questions.
- 5. Each week briefly review** your notes and assignments and then evaluate your progress.
- 6. After a class, review and organise** your notes as quickly as possible.
- 7.** After you have studied **transfer** what you have learned into your own words and examples
- 8. Mark** what you do not understand and seek alternatives (teachers, websites, textbooks) to help.
- 9. Separate out vocabulary and concepts** that are new to you, define them on flashcards and talk about them.
- 10. Reward** yourself when you have achieved your goals.