

GOOD STUDY HABITS

by:

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Good study habits are essential for achieving success in school and in life. Here are a few key habits that can help you improve your study skills:

1. **Set clear goals:** Before to begin studying, take a moment to think about what you want to achieve. Are you trying to understand a specific concept? Are you preparing for a test? Setting clear goals will help you stay focused and motivated as you study.
2. **Make a schedule:** Establishing a regular study schedule is one of the most important things you can do to improve your study habits. Decide on the best time of day for you to study and make a plan to stick to it.
3. **Take breaks:** It is important to study regularly, but it is also important to have a break. Studies have shown that taking short breaks every hour or so can help you retain information better.
4. **Minimize distractions:** Distractions, such as social media, television, and phone calls, can make it difficult to focus on studying. Try to eliminate as many distractions as possible by studying in a quiet place, turning off your phone, or using a website blocker.
5. **Active reading:** Active reading is a technique that involves actively engaging with the material you are reading. This can include underlining key points, taking notes, or summarizing the material in your own words.
6. **Practice retrieval:** Retrieval practice is a method of studying where you actively try to recall information from memory. This can be done through flashcards, quizzes, or writing summaries of what you've learned.

7. Teach someone else: Teaching someone else what you have learned is a great way to solidify your own understanding of the material. This can be done through tutoring, explaining a concept to a friend, or even just explaining it to yourself out loud.
8. Reflect on what you've learned: Reflecting on what you've learned is a great way to solidify your understanding of the material. Take a few minutes at the end of each study session to think about what you have learned and how it connects to what you already know.
9. Get enough sleep: Adequate sleep is crucial for maintaining good study habits. When you are well-rested, you will be able to focus better and retain more information easily.
10. Stay organized: Keep all your notes, textbooks, and other study materials organized. This will make it easier to find what you need when you need it and will help you stay on top of deadlines and assignments.

By following these good study habits, you can improve your ability to learn and retain information and achieve greater success in school and in life. Remember, developing good study habits takes time and effort, but the benefits are well worth it.

References:

11 Good Study Habits to Develop | Coursera, <https://www.coursera.org/articles/study-habits>

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