

## Top 8 Study Habits

Review Regularly ~ Plan to Study Ahead ~ Avoid All-Nighters!

#	Study Habit Description
1.	<ul style="list-style-type: none"><li>Decide what to study (reasonable task) and how long or how many (chapters, pages, problems, etc.). Set and stick to deadlines.</li><li>Set and stick to deadlines.</li></ul>
2.	<ul style="list-style-type: none"><li>Do difficult tasks first.</li><li>For procrastination, start off with an easy aspect of the project.</li></ul>
3.	<ul style="list-style-type: none"><li>Have special places to study.</li><li>Take into consideration lighting, temperature, and availability of materials.</li></ul>
4.	<ul style="list-style-type: none"><li>Study 50 minutes, and then take a 10 minute break.</li><li>Stretch, relax, have an energy snack.</li></ul>
5.	<ul style="list-style-type: none"><li>Allow longer, "massed" time periods for organizing relationships and concepts, outlining and writing papers.</li><li>Use shorter, "spaced" time intervals for rote memorization, review, and self-testing.</li><li>Use odd moments for recall/review.</li></ul>
6.	<ul style="list-style-type: none"><li>If you get tired or bored, switch task/activity, subject, or environment</li><li>Stop studying when you are no longer being productive.</li></ul>
7.	<ul style="list-style-type: none"><li>Do rote memory tasks and review, especially details, just before you fall asleep.</li></ul>
8.	<ul style="list-style-type: none"><li>Study with a friend. Quiz each other, compare notes and predicted test questions.</li></ul>