



Effective Study Habits for Students

- **Designated study area**
 - Quiet area: no radio, television, cell phone etc. -simulates test environment
 - Comfortable: ample lighting, clear table space, etc.

- **Establish a study routine**
 - Come home after school
 - Light snack
 - Do homework
 - 30 minutes of free time
 - Assist with dinner preparations
 - Eat dinner
 - Study (It is imperative that studying is done when the student is most alert and fresh)

- **Focus on the materials**
 - One subject at a time
 - Students may choose to focus on two or three subjects per night (for example: On Mondays and Wednesdays – Math and Social Studies; Tuesdays and Thursdays – English and Science; foreign languages are incorporated intermittently as needed). By reviewing the information (not intensely, as if being tested) on a regular basis students become more familiar with the material and are better able to perform on quizzes/tests due to that familiarity.



- **Change subjects** every 20 – 40 minutes (varies by grade level)
- **Alternate study activities:** reading, active learning
 - Summarize your reading (written or oral)
 - Parents create a crossword or word search puzzle
 - Internet research on the topic
- **Take a break**
 - Approximately 5 minutes between subjects
- **Reward** yourself upon completion of the task
 - Dessert
 - Talk on the phone with friends
 - Parents can reward intermittently when they see the student consistently putting forth a consistent effort