

HILLSIDE HIGH SCHOOL GUIDANCE DEPARTMENT

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Top 10 Study Habits

1. **Pick a place and time:** Everyone has their own idea about the best place and time to study. Whether it's your bedroom at night or the library after school, find a study space and a regular study time that works for you and stick with it.
2. **Study everyday:** If you study a little bit every day you'll be continually reviewing things in your mind. This helps you understand things. It also helps you avoid the stress of last-minute cramming.
3. **Plan your time:** It helps to have some plans in motion, so you can make the most of your study time (set alarms, use a wall planner, make a to-do-list and set time limits).
4. **Discover your learning style:** Most of us have a preferred way of learning. Get to know the learning style (auditory, visual, tactile/kinesthetic) you're most comfortable with and study in the ways you learn best.
5. **Review and revise:** At least once a week you should go back over the things you've studied in class. Thinking things over can help you to understand the concepts and help you remember when you need them the most.
6. **Take breaks:** It's important to take breaks while you're studying, especially if you're feeling tired or frustrated. Working too long on a task can actually decrease your performance.
7. **Ask for help:** If you're stuck on something, or something just doesn't seem to make sense, you can always ask for help. Talk to your teachers or lecturers about the things you don't understand. Talk to your friends and fellow students too.
8. **Stay motivated:** When you're studying it helps to keep in mind your reasons for doing all this hard work, like a course or career you're working towards. It can help to have something in your study space to remind you of your goals.
9. **App it up:** There are heaps of apps out there for helping students with all aspects of study. Have a chat with your friends and teachers or lecturers to see which apps they recommend.
10. **Look after yourself:** You'll study better if you take care of yourself. Make sure you eat well and get enough sleep and physical exercise. Don't reward yourself with too many sugary or fatty snacks or push yourself to study late into the night. It's also a good idea to make sure you drink lots of water when you're studying.