

MAKING THE
DAYS COUNT

**SPECIAL
POINTS OF
INTEREST:**

- Study strategies
- Improve your study area
- Study methods
- Top 8 study habits

Key Words

How to, study strategies, study methods, study habits, independent learner

**INSIDE THIS
ISSUE:**

Improve your study area 2

Study methods 2

Top 8 study habits 3

Dr Donnalee Taylor

College of Public Health, Medical and Veterinary Science

James Cook University
Townsville, QLD
Australia

iAspire Student Support

Study Strategies and Habits for Success

VOLUME 1, ISSUE 3

By Dr Donnalee Taylor

5 Study Strategies

1. In your timetable block off study time and breaks. Around 30-50 minutes is ideal for study time. In your breaks plan to have a snack and relax to refresh and re-energize yourself.
2. Establish a study zone at home that is free from distractions (that includes mobile phones) to maximize your concentration. Create the ultimate study space that is specific to your needs and that will inspire you. Create a place that you want to be in and to work at. Keep your cool new study space well stocked with supplies to eliminate last-minute emergencies.
3. Have an assignment plan or calendar. By writing it down you don't have to try to memorize when all your assignments are due. Be mindful of approaching deadlines and exams, plan ahead. Prioritize assignments and assessments and not by their weight (mark value) but by the amount of effort each assessment piece will require. Plan ahead and don't leave them to the last minute.
4. Organize with colour. Create your own colour coding system to keep your **assignments**, **notes** and **thoughts** organized. Use coloured file folders, binders, binder dividers, post-its, highlighters, pens, sticky flags, etc. Good organization skills will change your life and clear mental and physical clutter.
5. Identify resources to help you. Planning ahead affords you the opportunity to seek out resources for your assignments. The library is always a good place to start and there are several specialists available to assist you. Have a backup plan in case plan 'A' doesn't go so well.



You
define
your
own
Success!



Improve Your Study Area

Do you have a dedicated study area?

Does your study/work area inspire you or does it demotivate you?

Spruce up your study area to inspire you. Place all your favorite things, tools, equipment, paper products, etc. in your study area.

Make it fun to be there.



“To become an able and successful man in any profession, three things are necessary, nature, study and practice.”

*- Henry W Beecher
(clergyman)*



“Genius is 1% inspiration and 99% perspiration”

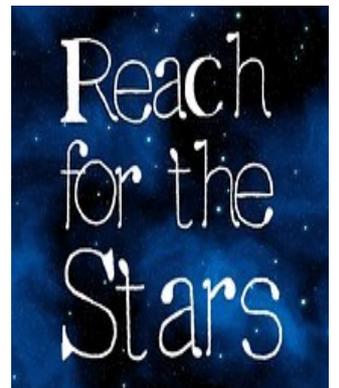
— Thomas A. Edison (inventor)

Study Methods



Study methods are just that, they are planned and adhered to improving your effectiveness and results. Effective studying does not happen by chance. All of the students that do well and have good grades work hard to achieve their grades no matter what they tell you.

- Make a study Schedule and stick to it.
- Study in an appropriate setting, same time, same place, every day so it becomes a pleasant habit.
- Have all your groovy, nifty and inspiring materials in your study area.
- Keep your notes organized and legible. Try condensing your notes as you go.
- Keep track of your assignment due dates.
- Frequently review your notes to maximize memory retention.



Top 8 Study Habits



It's never too late to improve your study habits which will improve your performance and maximize your grade potential. These 8 study habits will help.

1. Keep track of all of your classes and assignments in a weekly or monthly planner .

2. Remember to do and bring your completed assignments to school. Sounds pretty basic, however many grades are lost due to late submissions. Before you go to bed at night get into the habit of organizing the material you'll need to take to UNI the next day. Getting into the habit of doing this ritual at the end of the day will help you wind down and prepare you for some much deserved rest.

3. Communicate with your lecturers and lab demonstrators. All successful working relationships and personal relationships are built on clear communication. Miscommunication and poor understanding can cause poor grades despite your best efforts. Make sure you understand what is expected of you for each assessment.

4. Prepare for tests/exams. Prepare by studying (I know revolutionary stuff) and prepare for the test writing environment. Wear layered clothing in case the room is too hot or too cold. It is a major distraction if you are too hot or cold. Be sure to bring your student-Id, pens, pencils, erasers and anything else you'll need to do the test. Make sure you have a watch

so you can keep an eye on the time. There is nothing worse than spending too much time on a few questions and then not having enough time to finish.

5. Know your dominate learning style. This will help you understand the best way to study that will match your preferred learning style. For example: visual learners retain more info if they use visual aids and drawings. Auditory learners retain more info by hearing it, seek out videos or record your study notes and listen to them. Tactile learners benefit from



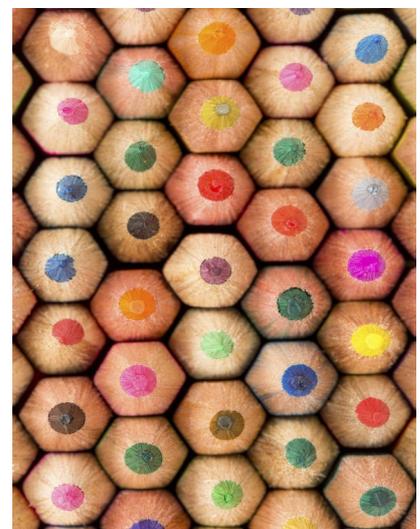
hands on actions, showing others how things work. Explain your lecture notes to others.

6. Take copious notes. If you are visual make little doodles to help you remember how topics relate to each other. Look out for 'code words' that can indicate content relevance. Learn to recognize key words or phrases that the lecturer may deem as important. Get into the habit of reviewing your notes every week and ideally within 24 hours of your lectures to optimize memory retention.

7. DO NOT Procrastinate. The old saying is 'Never put off till tomorrow what you can do today' and it's very

true. By putting things off you will inevitably run out of time. Putting things off is procrastination and you run the risk that something will go wrong at the last minute. Remember it's the real world and things can go wrong, so prepare, stay focused and 'Just Do It!'.

8. Take care of yourself. Feeling tired, cranky or bored? Some of your personal habits might be affecting your grades and your physical wellness. Change the way you feel physically and mentally by taking better care of yourself. For example: Think of all the things you do with your dominate hand (writing, gaming, cleaning, mousing, typing, swiping and the list goes on). Over use of your muscles can lead to pain and repetitive stress injuries. Find out how to avoid this by setting up a proper work area that specifically meets your requirements (proper adjustable chair, desk height, monitor screen height and mousing platform height) and reduce the risk of injury.



"Success is nothing more than a few simple disciplines, practiced every day."

—Jim Rohn (businessman)

