

— Study Habits

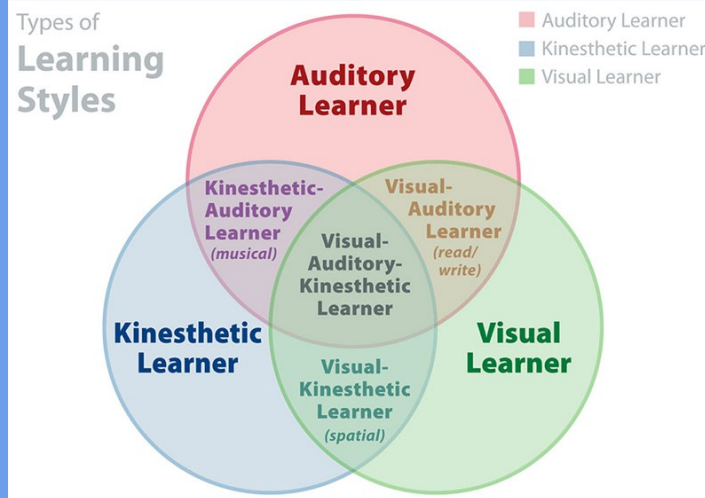
9th & 10th Grade

Academic Achievement and Success - Lesson #1

Know Your Learning Style!

Take a learning style assessment to see what type of learner you are.

<https://how-to-study.com/learning-style-assessment/>



Tips for the Tactile/Kinesthetic Learner

- ❑ Be physically active while you study! Occasionally walk/move around.
- ❑ Listen to music to decrease fidgeting. However, if it's distracting then discontinue.
- ❑ Study in short blocks of time with frequent but short breaks.
- ❑ Do something physical as you study such as tapping a pencil or squeezing a stress ball.
- ❑ Use your finger as a guide while reading.
- ❑ Act out things you have to learn whenever possible.
- ❑ If you find it difficult to sit at a desk, try lying on your stomach.
- ❑ Use concrete objects to help you understand math concepts.



Tips for the Visual Learner

- ❑ When possible, use charts, maps, posters, and videos to study and present material!
- ❑ Look at the person who is speaking.
- ❑ Work in a quiet atmosphere.
- ❑ Study alone.
- ❑ Use colored highlighters to focus on main ideas.
- ❑ Preview new reading material by scanning pictures and heading
- ❑ Write down information you want to remember



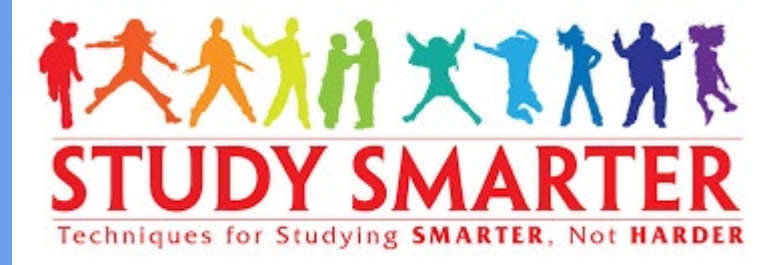
Tips for the Auditory Learner

- ☐ Recite information out loud.
- ☐ Read out loud.
- ☐ Use grid or graph to complete math problems.
- ☐ Use various colors to highlight notes, books, etc.
- ☐ Make your own flashcards, using various colors.
- ☐ Study with a friend or in a small group.
- ☐ Create musical jingles or songs to remember info.
- ☐ Participate in class discussions as much as possible.
- ☐ Be certain your study area is free of auditory distractions.



Tips for Studying

- ☐ Have a dedicated study space.
- ☐ Identify your learning objectives and goals.
- ☐ Have an effective calendar system.
- ☐ Create to-do lists.
- ☐ Set time limits.
- ☐ Stay on schedule.
- ☐ Ask for help when you need it.
- ☐ Review, revise and repeat.
- ☐ Take study breaks.



Create balance

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- Get a good night's sleep! Rest is essential to keep your mind and body fresh for the school day.
 - Do not multitask! Multitasking can actually decrease your productivity.
 - Focus on one assignment at a time, and stick with one task at a time.
 - Arrange your tasks in order of importance, and pay attention to those which require the most effort.
 - Prioritize your time in a way that allows you to focus on school, friends, and family when you need to.
 - Create a predictable schedule that fits your lifestyle and priorities, so that you can dedicate your full attention to each area of your life.

With determination, comes motivation...



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- Calm - Stay Calm
- Organize - Organize Your Thoughts
- Rest - Rest Up While You Can
- Organize - Organize Your Life
- Navigate - Navigate Your Way Through This
- Accomplish - Accomplish What You Set Out To Do