

Study Skills/Strategies are Keys to Success

Study Skills/Strategies enable students to:

Find important information quickly.

Read effectively and efficiently.

Organize information in a systematic way.

Retrieve the information when required.

Become more active and strategic learners.

Develop lifelong learning habits.

What Are Study Skills/ Strategies?

Ways to Improve Concentration and Motivation

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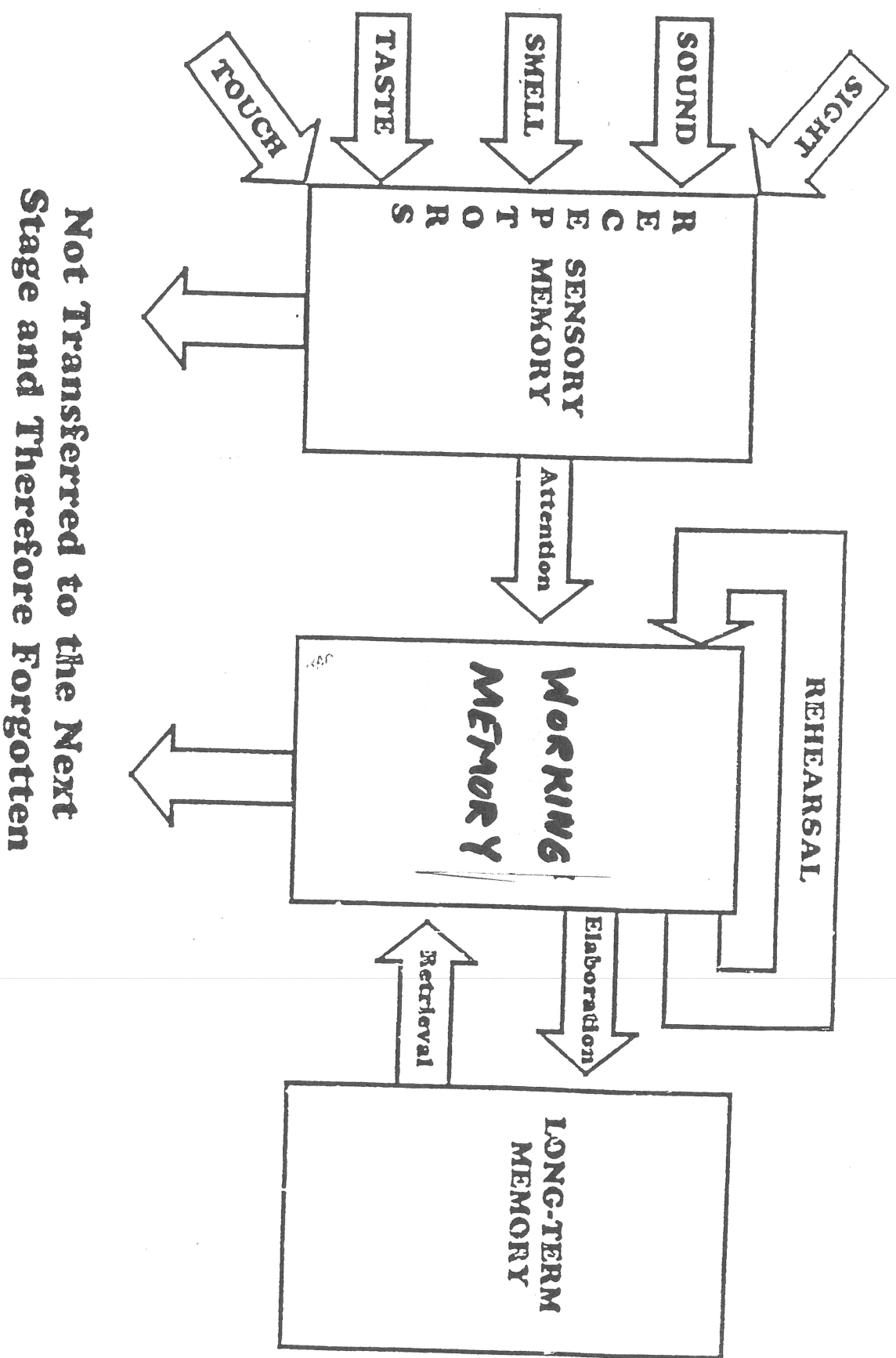
Start by setting realistic goals.
Be your own best friend.
Think positively about yourself as a learner.
TRY you best everyday.

Consider the following tips:

1. **Get enough sleep and rest.**
2. **Eat nutritional food for meals and snacks.**
Avoid junk food when studying.
3. **Set regular times to study.**
Get into new habits. *Tame texting.*
Do not accept phone calls or visitors during study time.
Try to study in 30-40 minute blocks of time.
4. **Take short breaks at appropriate times.**
Do physical activities during study time.
Exercise regularly.
Get fresh air, if possible during your breaks.
5. **Design a comfortable study space for yourself.**
Make sure you have proper lighting.
Do not strain your eyes.
Make sure the study space is not cluttered.

6. **Study in the same places every day.**
7. **Have all your study equipment handy.**
8. **Begin with an easy task to build momentum, confidence, and interest. Then do a difficult task.
End with an easier task when you are getting tired.**
9. **Break down big jobs into smaller manageable steps.
Do a time line on a calendar.
Put specific deadlines in your agenda and your family calendar.**
10. **Keep a note pad or "post-its" handy.
Jot down your distractions and "reminders" that pop into your head as you try to study. Put the reminder on your calendar or in your daybook.**
11. **Develop relaxation strategies e.g. deep-breathing and exercises to help relax tense muscles.**
12. **Think of a motto to encourage yourself when studying becomes difficult.**
13. **Get actively interested and positive about what you have to learn.**
14. **Think of real-life examples and applications.
Picture them in your mind.**

Remember you control your attitude. Be enthusiastic! It is easier to learn and remember.



Not Transferred to the Next Stage and Therefore Forgotten