



# Effective Study Skills

- analyzing your study habits.

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# Why Is Analyzing Your Study Habits Important?

It helps to:

- - determine if your study habits need improvement.
- - find the most effective way for YOU to learn and study.
- - maximize your time when studying.
- - improve how you store and remember information.
- - make studying easier.



# Effective Study Habits Influence The Way You:

- Prepare your study environment
- Manage your time
- Preview the topic (read chapter outline\summary)
- Read
- Review what you have read
- Remember
- Get ready for classes
- Prepare for exams
- Take exams



# Let's Analyze Your Study Habits!!

1. Do you have a designated study place?

- Ideally it should be a clear, organized space with all of your study materials; even if the space is your bed or couch.



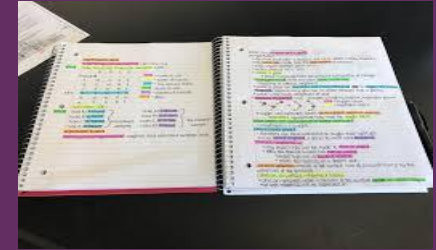
2. Do you manage distractions well?

- It is more conducive to learning if you put away your cell phone and move away from the television or noise so that you are able to focus.



- Note: Some people are able to focus better while listening to music – it all depends on YOU!

# Still Analyzing...



## 3. Do you organize your notes?

- Having all your notes clearly written in a designated book helps you to stay focused when studying. Also, highlighting key points makes it easier to read what is important.



## 4. Do you eat nutritious meals and drink sufficient water?

- Feeding your body healthy foods and enough water helps your brain to function better.

# Last One...

Preparing a Study Timetable

sample study timetable (see caption, full time)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	GYM	TRAVEL	GYM		TRAVEL		
9:00am	STUDY (2hrs)	CLASSES	STUDY (2hrs)	STUDY (2hrs)	CLASSES		FOOD SHOPPING
10:00am							LUNCH
11:00am						WORK	CHORES
12:00pm							
1:00pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
2:00pm							
3:00pm	STUDY (2hrs)	CLASSES	TRAVEL	STUDY (2hrs)	TRAVEL		STUDY (2hrs)
4:00pm							
5:00pm			TRAVEL	TRAVEL	DINNER	STUDY	
6:00pm	CHORES	DINNER	DINNER				DINNER
7:00pm	DINNER			WORK	DINNER	DINNER	
8:00pm							
9:00pm	WORK	STUDY (2hrs)	STUDY (2hrs)		STUDY (2hrs)	GO OUT	STUDY (2hrs)
10:00pm							
11:00pm							
11:30pm							
Study hrs:	8	3	6	7.5	5.5	0	6.5

5. Do you have a study time table and stick to it?

- A study time table is great...but you must stick to it, that's the only way it will actually work!

6. Do you exercise regularly?

- Exercise not only keeps us fit, but helps us to maintain focus and retain information.



# How Did You Do?

- If you are having trouble with any of these, it would be in your best interest to TRY to rectify them before exams so that you are able to benefit from an environment that is most conducive to learning.
- It is understandable that the home may not always be the best environment for studying for many reasons. However, it sometimes helps to study after everyone goes to bed so that you are free of any distractions.
- Whatever your situation...make it work!



# It Be So Sometimes

Me to me: don't study that topic it won't come up in the exam  
\*Reads first question\*



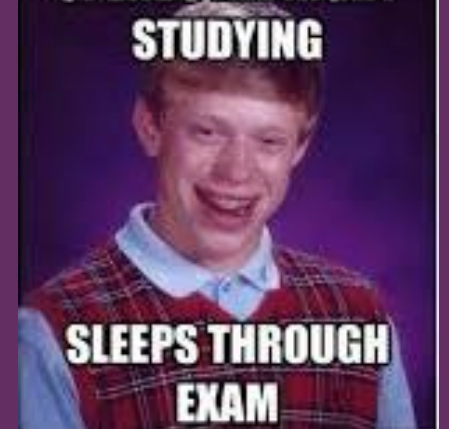
Me: I study better at night  
Me at 10:



No One:  
Me After Studying for 20 minutes



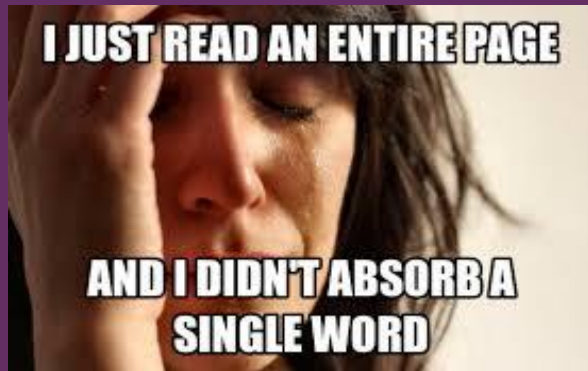
SPENDS ALL NIGHT  
STUDYING



SLEEPS THROUGH  
EXAM

I JUST READ AN ENTIRE PAGE

AND I DIDN'T ABSORB A  
SINGLE WORD



Studying a few minutes every day



Study for 30 hours straight one day before the exam



Actually studying



Complain about how hard the lessons are and how stupid the teachers are







