# Top 8 Study Habits

Review Regularly  ~  Plan to Study Ahead  ~  Avoid All-Nighters!

<table>
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<th>Study Habit Description</th>
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| 1. | • Decide what to study (reasonable task) and how long or how many (chapters, pages, problems, etc.). Set and stick to deadlines.  
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| 2. | • Do difficult tasks first.  
    • For procrastination, start off with an easy aspect of the project. |
| 3. | • Have special places to study.  
    • Take into consideration lighting, temperature, and availability of materials. |
| 4. | • Study 50 minutes, and then take a 10 minute break.  
    • Stretch, relax, have an energy snack. |
| 5. | • Allow longer, “massed” time periods for organizing relationships and concepts, outlining and writing papers.  
    • Use shorter, “spaced” time intervals for rote memorization, review, and self-testing.  
    • Use odd moments for recall/review. |
| 6. | • If you get tired or bored, switch task/activity, subject, or environment  
    • Stop studying when you are no longer being productive. |
| 7. | • Do rote memory tasks and review, especially details, just before you fall asleep. |
| 8. | • Study with a friend. Quiz each other, compare notes and predicted test questions. |