

Effective Study Habits



Mindset

Begin with a growth mindset. When you encounter challenges, view them as opportunities for growth.

Time Management

Set priorities and create a schedule. Be sure to allocate time for schoolwork, extracurricular activities, and relaxation.



Health

Good physical health can help students learn. Eat nutritious foods, get regular exercise, and make sleep a priority.

Environment

A clean, clutter-free study area can help you focus. Be sure to turn off electronic devices to eliminate distractions.



Connections

Take time to establish positive relationships in your school community. Supportive relationships empower you to learn.

Learning Style

Find out if you are a visual, auditory, or kinesthetic learner. This information can help you customize your study experiences.



Class Time

Participate actively in class discussions and ask questions. Stay attentive during class and take meaningful notes.