

# **Developing Better Study Habits**

**By:**

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# **Understanding How We Learn**

## **(Continued)**

Different individuals have different learning styles and knowing how we each learn can help us in our learning journeys.

# Understanding How We Learn

Understanding how we learn is at the core of developing better study habits.

For that reason, this PowerPoint will first walk you through asking yourself some questions to help you understand your own learning and studying habits, then give you some new study tips.

# Ask Yourself:

- Do you like to sit at a table and study? At a particular chair? On your bed? On the floor?
- Do you learn best sitting down and reading? Lying down and reading? Walking and reading?
- Do you prefer to write with your laptop on a table or in your lap?
- Do you need absolute quiet when you write? Do you prefer background music when you write?
- Do you munch when you study?
- What else?

# Take Away from the Questions:

What was your takeaway from the questions asked on the last slide?

By the time a student gets to middle school, the student should know their own study style. Please think about the questions on the last slide and reflect on your own study style!

**You Should Have One!\***



# **Here Are Some Studying Tips for All**



# Studying Should Be Regulated

Set up regular times on daily and weekly basis for studying, regardless of whether you have a test coming up or not.

Spend a set amount of time every day studying and every week reviewing every subject.

Two days before a test, review everything.

The day before a test, address content with which you are struggling.

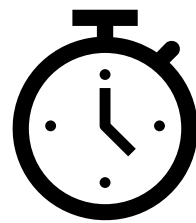
The day of the test, remind yourself you've Got This!

Remember **Cramming before the test doesn't work!**

# Study on Regular Basis

To study on regular basis, you need to organize your time and dedicate a specific amount of your time on daily basis to studying.

For example:



**Monday to Friday  
from 4:30 to 6:30  
is My Time to study**



# **Give Each Study Time A Specific Goal**

Give each study time a specific study goal.

For example:

From 4:30 to 5:15: I will study Math

From 5:15 to 5:45: I will study Science

From 5:45 to 6:30: I will study English

# **Give Yourself Time Between Studying and Going to Bed**

Never plan studying as the last item on your agenda for the day. Always give yourself some time between studying and going to bed.

Instead, plan an activity like watching TV or hanging out with friends between studying and going to bed.

# **Move the Biggest Rock First!**

Study for the most difficult subjects first.

If you move the most difficult subject out of the way first, you are more likely to move the rest out of the way.

Remember the most difficult subject for one person is not necessarily the most difficult subject for another.

# Don't Procrastinate

Procrastination can only be overcome through discipline. I have had to overcome it and so have all your teachers. Welcome to growing up!

All I can tell you on the subject is **Train Yourself Not To Procrastinate** and It Will Serve You Well in Life!

Gratias ago tibi  
pro tempore,  
Scholarium!