

Advice on study habits

By Riona O'Connell, Head Girl 2011/2012

5 Bad Study Habits

The Mobile Phone

Having your mobile nearby while studying is the worst habit to get into.

It only offers a distraction of the most tempting sort. I'm sure that message waiting from that lad from Peter's seems incredibly important at the time, but believe me, it can wait an hour or two. Leave it in another room while you study, soon enough you'll realise how much time you wasted checking the screen every two minutes for message.

The Laptop

Yes, once again technology fails us. It can be quite tempting to quickly check that French word up on the laptop as opposed to searching through your book for it, but in three sly clicks the blue and white page of face book is staring back at you..... And the rest is history. Avoid any use of laptop, it possesses endless amounts of pointless distractions that you'll regret two hours later with still a pile of homework to do.

Those 'ten minute breaks'

Come on honestly, how many of them have actually taken only ten minutes?? We all need frequent breaks, just don't get distracted and make it longer than the time you actually spent studying. Time them, get a cup of tea, stay away from the laptop!!

Music

'But I study better listening to music!!' Ye! I believe you! Pity I said the same thing during my J.C. But we all know we can't. Ye, that tune might perk you up a bit, send dancing vibes through your body, but this only decreases your concentration ability. Before you know it you've read the same sentence ten times.... and still don't know what it means!

Putting it off

Just don't!! If you've got something to do, do it now. Not after you highlight every day off in your journal, or after you daydream for the next half hour.

If things are put off they'll never be done, especially studying. Your room does not need to be tidied right now, just study.

3 Positive Study Habits

Rewards

It is important to remember you deserve a reward after hard work. Snacks after a 40 minute study stint are well deserved, there's no harm picking up your favourite sweets, it may seem like a dog training technique but it will make the process less painful.

A Realistic Plan

Create a timetable. List what you want to get done and assign each one a realistic target time. Include your breaks and the time you will finish.

If anything takes longer than planned, schedule it in for another time.

Don't go over your finish time, this is the most important thing on your timetable. When it comes, finish up, put your books away and relax.

Thinking Ahead

Plan ahead to what you'll need for your study. Have your calculator and geometry set at the ready so you don't waste a half hour looking for it. Remember to have a bottle of water on your desk too, it will help your concentration and you won't waste your break running to the kitchen for a drink.