

Tips of Good Study Habits

TIPS OF GOOD STUDY HABITS

Find a good studying spot

This is important. You need to be in an environment with little to no distractions—an environment that will aid in keeping you focused on your assignments. Your university may have places on campus that will provide you with a nice little studying spot. Even study lighting is also important. If you want to preserve your eyesight and maximize your time and energy, then choose lighting that will not cause eye strain or fatigue so you can keep your study session effective at any time of the day.

Avoid social media and put your phone away

Speaking of distractions, nothing can sap away your time for a good 20-30 minutes like good old social media! Emails used to be the necessary evil in order to keep life going, but now people are communicating through social media platforms more than email or even talking on the phone! As a result, it's pretty common to have a browser tab open just for social media. The problem with this is the alerts! The best thing you can do is either put your phone on silent, turn off the alerts and flip it over so that you can't even SEE them, or just turn the thing off! If it helps, place the phone out of sight so that you're not even tempted to check your messages.

No Willpower? Enlist the Help of an App

Apps like Focus Booster and AntiSocial have your back!

AntiSocial blocks your access to a selection of websites with a timer that you select. Focus Booster is a mobile phone app that relies on the Pomodoro Technique, where you work intensively for 25 minutes and then you break for five minutes.

Take a break and take care of yourself

College is hard work, and just like any other kind of job, you deserve a break. Don't be so hard on yourself. Working until the wee hours of the morning to complete an assignment might be great for that class, but it's not for you or other academic courses.

You MUST take care of yourself in order to give your academic career the attention it deserves.

Join or create a study group

Have we mentioned that college is hard work? It's worth stating again. Finding fellow students who are struggling to understand the coursework can be comforting. However, joining or creating a study group isn't just because misery loves company, it's about teamwork. Guaranteed someone in your study group can help you through a certain assignment you're struggling with and you'll be able to do the same. It's all about helping each other succeed!

Studying with music

Rather than distracting college students, a Stanford study found that “music moves [the] brain to pay attention.” Researchers utilized musical compositions from the 1800s in their study and found that “music engages the areas of the brain involved with paying attention, making predictions and updating the event in memory” (Baker). Background music may enhance performance on cognitive tasks.

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