

# Effective Study Habits



# Building Effective Study Habits

- **Create a Dedicated Study Space**
  - Designate a specific area for studying only.
  - Minimize distractions and keep the space organized.
- **Establish a Consistent Schedule**
  - Set specific times for studying each day.
  - Stick to the schedule even on days you feel unmotivated.



# Maximizing Focus and Productivity

## **Minimize**

**Distractions** - Use noise-cancelling headphones. - Turn off notifications on your phone.

## **Use Active Recall -**

Test yourself on the material. - Create flashcards or practice problems.

## **Take Regular**

**Breaks** - Follow the Pomodoro Technique (25 minutes work, 5 minutes break). - Stretch and move



# The Science of Habit Formation

- **The Role of Repetition**
  - Consistent repetition strengthens neural pathways.
  - The more you repeat a behavior, the more automatic it becomes.
- **The Power of Rewards**
  - Reward yourself after completing tasks.



