

# STUDY HABITS 101

a simple guide to better studying

## STUDY METHODS/TECHNIQUES

- Pomodoro Technique
- Active Recall
- Spaced Repetition
- Practice Testing
- Mind Mapping

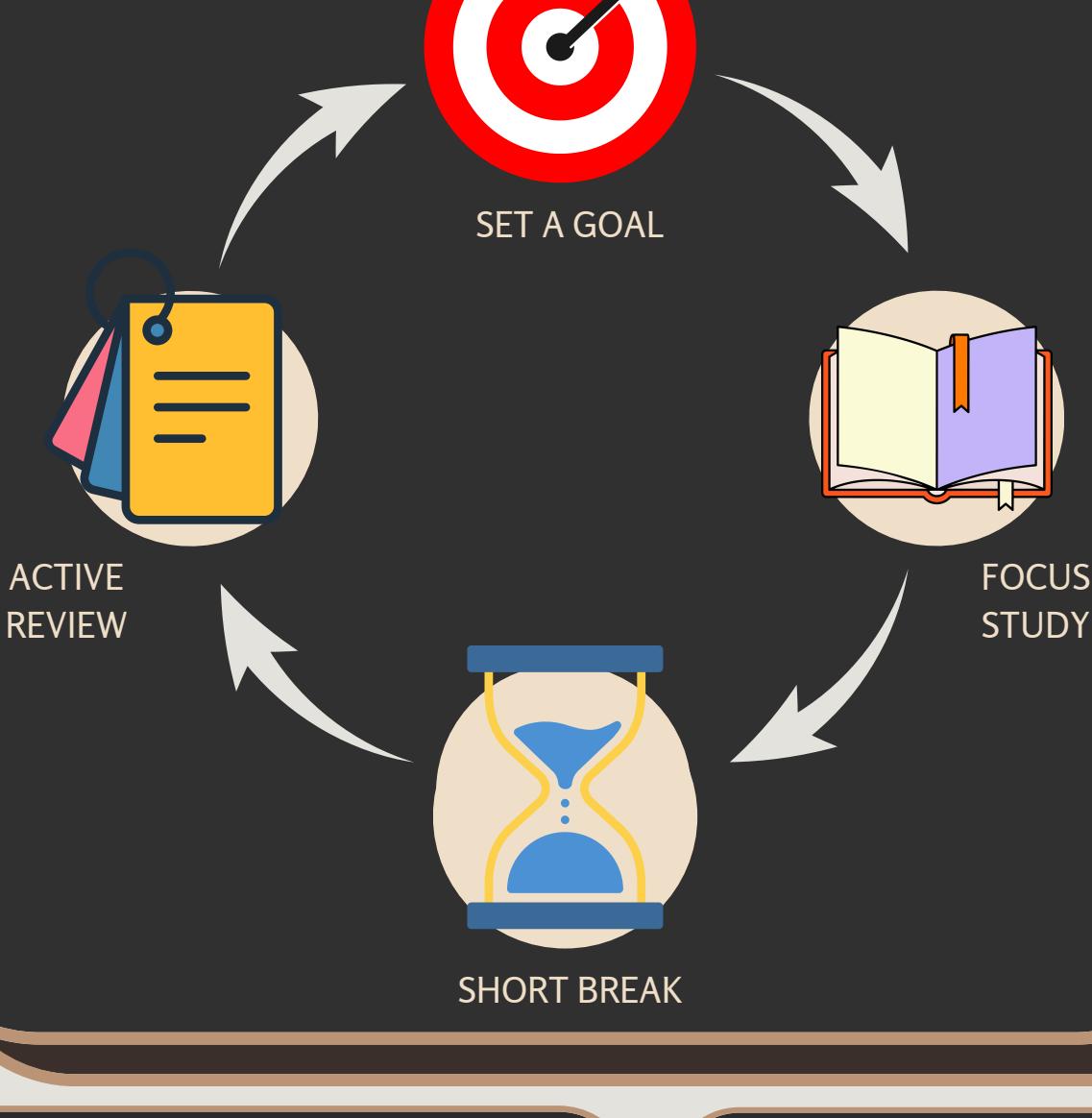
## GOOD STUDY HABITS:

- ✓ Create a daily study schedule
- ✓ Use study techniques
- ✓ Remove distractions (phone, noise)
- ✓ Review notes regularly
- ✓ Get enough sleep and take break

## POOR STUDY HABITS:

- ✗ Low grades
- ✗ Stress and burnout
- ✗ Poor time management
- ✗ Weak understanding of lessons
- ✗ Lack of motivation

## EFFECTIVE STUDY ROUTINE



## TOOLS/EQUIPMENTS:

- Planner
- Flashcards
- Highlighters
- Study apps

## RESULTS:

- Better focus
- Less stress
- Improved grades
- Stronger memory

## KEY FACTS



70% of students cram the night before exams instead of studying regularly.

Students lose 2–3 hours daily to phone distractions while studying.



Studying without breaks lowers focus after 30–40 minutes.



Students who get 7–9 hours of sleep perform up to 20% better on tests than sleep-deprived students.

Poor study habits are linked to lower grades and higher stress.

