

Study Habits for Success

1

Study Spaces

Determine a place free from distraction (no cell phone or text messaging!) where you can maximize your concentration and be free of distractions, including children if applicable. Stock your study space with all the supplies you might need (computer, paper, pens, calculator, etc.)

Also, consider having a back-up space like the library, coffee shop, and so forth. A change of venue may be refreshing.

2

Determine your Learning Style (and learn to use it!)

Auditory Learners

- Learn best by hearing things spoken.
- Prefer small and large group discussions, lectures, storytelling and audiotapes as instructional aids.
- Appreciate good speakers, and are able to recall specifics about what was said.
- May be easily distracted by environmental noises, that can keep them from concentrating.

Visual Learners

- Learn best when information is written out.
- Prefer diagrams, charts, tables, videos and pictures as learning aids
- Often sit near the front of the room so they can easily see the instructor and the lesson's visual aids.
- Have trouble remembering verbal instructions.
- Take notes or doodle during class, but may not refer back to the notes later.

Kinesthetic Learners

- Learn best by touching, moving and feeling. They also learn best by manipulating objects, acting out scenarios, and playing games.
- They like to be active and involved in learning new things.
- They prefer to sit in the back of the room so they can stretch out, move around, and get up during the class.
- Variety in action is crucial for kinesthetic learners. They can't sit for long periods of time.

3

Smart School Habits

Be a responsible participant in your education

- Do not rely on counselors, advisors, coaches or anyone else to tell you what you need to fulfill to graduate. Read college resources and be accountable for your own education; it affects no one but you!

Review notes and readings just before class

- This may prompt a question or two about something you don't quite understand, to ask about in class, or after.
- It also demonstrates to your teacher that you are interested and have prepared.

Actively participate in your class

- Display behaviors that reflect and interest in learning (examples: volunteer for activities, answer questions)
- If you don't understand something, ASK. It's been said a zillion times: the only dumb question is the one you don't ask.
- Attend every class and be on time.

If you have school-age children, find opportunities to spend time together working on assignments or visiting the library. Remember that you are setting a great example for your children's life-long learning.

Stay positive

- ✓ Write down your goals and review them daily. Regularly renew your commitment to academic success.
- ✓ Use positive self-talk—believing you can do it is powerful.
- ✓ **Celebrate Successes.** Reward yourself with whatever works for you, along the way. Remember, you chose to do this. Be proud of your accomplishments!

Set Goals

Goal #1: I will succeed in this course!

Sources

Skip Downing, On Course Workshop, <http://barron/uwc.edu/admissions/adult-students/tips>
Study Guides and Strategies, <http://www.studygs.net>
Workshop Essentials by Paula Jorde Bloom