

SP³ - Student Planning Pointers for Parents



Steps to Good Study Habits

- ▶ Set expectations for how much time each night and each weekend you think you should study. Limit other activities, if necessary, to make sure you have enough time to study.
- ▶ If your school offers a course on study skills, take it.
- ▶ For all your classes, go to class, pay attention and take good notes. (See <https://www.oxfordlearning.com/5-effective-note-taking-methods/> for five different methods.)
- ▶ Study your notes and the subject matter covered in the class that same day to solidify your retention of the material.
- ▶ Form a study group with one or two other people to identify the most important topics and teach them to each other. Hold each other accountable about your study plans.
- ▶ Avoid distractions. Turn off the TV or computer and study in a quiet place. Remove temptations to do other things by putting away your phone or studying away from family members.
- ▶ Study in shorter sessions of 45 minutes or less alternating with 15-minute breaks. Stretch these sessions over a few days to avoid cramming the night before an exam.
- ▶ Review your notes and the class materials to identify the most important concepts over which you are most likely to be tested. Then focus on learning those concepts.
- ▶ Always attend any extra study session offered for a class. Complete study guides given to you before tests. These will focus on the topics that will be covered on the test.
- ▶ When writing papers, review the grading rubric carefully to understand what is expected. Have a verbal conversation with someone, explaining what you plan to write, and develop an outline based on that conversation. Then write while following your outline. Always ask someone to review what you wrote before turning it in, and try reading aloud to catch your own mistakes.
- ▶ Instead of just reading the material, try writing it down to improve retention. To understand concepts, try working problems and drawing diagrams. Imagine you have to teach the material to someone else. Put the information you read to work to understand it and retain it.
- ▶ Use study halls and other time between classes to study.
- ▶ Study the right things, at the right time, in the right amount – calendar your assignments and tests, and create a study schedule by blocking out time on your calendar.



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