



Your Name: _____

Choose the answer that best describes you.

Study Habit	Already Do	Plan to Do	Not Interested
Study every day.			
Create a quiet place at home to study.			
Turn off the phone, TV, and other distractions when studying.			
Play quiet background music.			
Study in a way that suits your learning style.			
Take short but frequent breaks, like 5 minutes every half hour.			
Study early (don't wait until the last minute).			
Study the hardest things first and then move on to easier ones.			
Spend the most time on things that are hardest.			
Ask for help if you are struggling with something.			
Take notes as you study, using your own words to simplify complex ideas.			
Keep your notes in a notebook or folder.			
Review your notes on a regular basis.			
Make connections between what you are studying and what you know.			
Take practice tests, so you don't panic when it's time for the real test.			
Use a planner or agenda to keep track of your study progress.			
Reward yourself after a good study session.			
Quiz yourself about what you just studied.			
Total			

Developing good study habits can be a challenge, especially if you already have a busy life. But don't dismiss the importance of studying.

Want to aim for the best study habits possible? The ultimate goal would be for all of your responses to appear in the "Already Do" column.

So take a look at your "Plan to Do" column and give one or two of the items listed a try. By improving just one or two additional study habits, you may soon see a jump in your test scores. And that's what developing good study habits is all about!