



Student Success Series II

Ten Habits of Highly Effective Students

It has often been suggested that students learn to study smarter, not harder. This becomes a necessity as students progress from high school to college studies. There are ten simple time-saving steps that will help college students study smarter.

1. **Chunk.**
Break material down into smaller, more easily digestible, parts. Gradual assimilation of material will yield improved results.
2. **Incorporate study into your routine.**
Schedule study time as part of a daily routine as opposed to studying at irregular intervals. Good study practices lead to better long-term success.
3. **Set a specific study time.**
Choose a certain study day/time each week. The more you practice good study habits, the more normal studying will become, which will result in better grades.
4. **Have a specific goal in mind for each study session.**
Know, in advance, what you are going to accomplish with the time you have set aside. List an academic goal for the day, and then follow through.
5. **Review class notes and assignment.**
Be sure you know exactly what the instructor's expectations are for the assignment. In addition, reviewing class notes helps reinforce the lesson to keep the material fresh in your brain.
6. **Don't wait until it's too late.**
Last minute hurrying leads to errors. Do not put off studying because the material is difficult or boring. Plan your academic goal for that study session and stick to it.
7. **Move from the most difficult to easiest.**
Starting with the most difficult assignment means that you will tackle the easiest assignments when you are ready to quit. It may even give you a boost that will carry you through to the goal you have set for that day.
8. **No distractions.**
Limit distractions. Find a place that offers a means to devote your **full attention** to your studies. Whether a quiet place or one that has noise, find an area that guarantees the best absorption of the material. Find a means to study that offers the best option for your learning style.
9. **Find a study buddy.**
Studying with another person or in groups may be another way to study more efficiently for several reasons. Discussing the material with others may help you to understand the concepts better, complete the tasks more quickly, help others (and therefore reinforce the material for yourself), and be better prepared. Having others who approach the task differently may enhance the overall experience of the group.
10. **Review, review, review.**
Returning to the same material over and over again helps move the material from short-term memory into long-term memory for later recall. As in hint #9, be sure to 'teach' what you have learned. Even if you have to 'pretend' you are instructing others, the most effective way to make sense of what you have learned is to repeat the concept(s) to someone else to make sure you have understood the concept yourself.

If you follow the ten steps of highly effective students, you will find greater success in your academic endeavors. Good Luck and Study Smart! *-Richard Stern, M.D.*