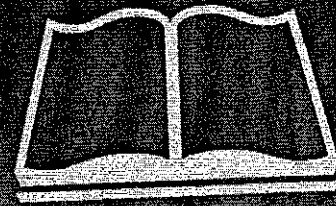


Improving Your Study Habits



Your Name: _____

Choose the answer that best describes you.

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