



Improving Your Study Skills



Overview

Did you just fail a big test? Are you struggling in school? If your study habits are holding you back, you need to make some changes. Here are some tips to get you on the right track.

Review your habits

Think about the way you study. Where do you study? Do you study every day? For how long? How much do you study per week? Be honest with yourself. You may spot some obvious red flags.

Find a good spot

First, let's work on your study environment. The best study space is quiet, comfortable and uncluttered. You need good lighting, and the temperature shouldn't be too hot or too cold. You want a place where you won't be interrupted and distracted by people and noise. And you want a chair and some room to spread out your materials. A desk or a table is better than your bed or the floor.

How much is enough?

Next, talk to other students about how much they study. Talk to your teachers about how much studying they recommend. The time you need varies from class to class, of course. And as you get older, you'll have classes that require more and more study time. You may find that you aren't studying nearly enough. If that's the case, make more time for studying. Make a study schedule, and stick to it.

Conclusion

And finally, don't forget about things like study groups and one-on-one tutoring. Your school may offer these. With effort and with dedication, anyone can develop better study habits. For more tips, ask your school counselor.