

STUDY HABITS THAT WORK!

Center for Academic Success & Exploration
www.butler.edu/learning
Butler University

Today's Agenda

- **Assessing your study skills**
 - Strategies for “Studying Smarter”
- **Identifying unsatisfactory study habits**
- **Setting study goals**
 - Assess with a Study Log
- **Questions?**

- **Goals:**
 1. Learn effective *study habits* that can lead to being successful in courses.
 2. Apply one or two new strategies to improve study habits.
 3. Implement and assess *study goals*.



Study Skills Inventory

- Rate yourself on a scale of 1 (skill that is in need of further development) to 5 (skill that you have developed well) in each of the competency areas.
 - What are your academic strengths?
 - In what area(s) would you benefit from developing your study skills?



Describing Successful Students

- Research shows that successful students do two important things:
 1. See studying as a process.
 2. Have a number of study habits, or tools, that they know how and when to use.

Strategies adapted from *Tools of the Trade: the Habits of Successful Students*
<http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm>.

“Studying Smarter” Step 1

➤ Decide what you want to do:

- How does the course fit into your college plans?
- Develop goals.
- Develop a weekly study schedule.
- Allot 2-3 hours of study time outside of class for each hour in class . . . each week.

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<http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm>.

“Studying Smarter” Step 2

➤ Know how to use your tools:

- Review lecture notes daily.
- Take notes on the readings.
- Read the book **before** attending lecture.
- Read a little each day.
- Get independent of books and notes.

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<http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm>.

“Studying Smarter” Step 3

➤ Develop a plan:

- Set goals for each study session.
- Know when you need help.
- Seek help!

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<http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm>.

“Studying Smarter” Step 4

➤ Evaluate

- Look at the big picture:
 - Are you spending enough time on your studies?
 - Did you get the grade you were expecting on the last exam?
 - Do you understand what you read?
- If you answered “no,” seek assistance from your professor or the Center for Academic Success & Exploration (CASE).

Strategies adapted from *Tools of the Trade: the Habits of Successful Students*
<http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm>.

Study Habits that Contribute to an Unsatisfactory Grade

- ☒ Read the entire chapter two or three days before the exam, all in one sitting.
 - Short-term memory trap
- ☒ Do not plan study times.
 - Late-night studying
- ☒ Do not plan goals for study sessions.
 - Time wasted
- ☒ Study by memorizing key concepts and vocabulary words.
 - Shallow learning

Strategies adapted from *Tools of the Trade: the Habits of Successful Students*
<http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm>.

Study Habits that Contribute to an Unsatisfactory Grade

- ⊗ Do not take notes on readings.
 - “Dream reading”
- ⊗ Choose to skip class or not take notes during lecture.
- ⊗ Study in ineffective groups.
 - Group members used ineffective strategies
- ⊗ Read the textbook in an ineffective manner.
 - Effective reading takes time
 - Academic reading vs. novel reading

Strategies adapted from *Tools of the Trade: the Habits of Successful Students*
<http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm>.

Setting Study Goals

➤ **Being a full-time student is a full-time job!**

- A/B students typically devote 2 or more hours of study time outside of class for each hour in class.
- Using this formula, set some realistic study hour goals for each of your courses this semester.
- Total the Out-of-Class Study Commitment for all of your courses.
- Now track your progress using the *Study Log* for at least one week.
- Assess your Out-of-Class Study Time and make changes to your weekly schedule.

Questions?



If you have any questions or need further assistance,
please contact us in the
**Center for Academic Success
& Exploration (CASE)**
in Jordan Hall 144,
or email us at learning@butler.edu.