

Name: _____

Health and Life Skills 7: Studying Effectively

Effective learning depends not on the hours spent, but on how well students use their time.

Students should aim for a _____ study schedule that fits with their _____ and the times of the day when they _____. They should find a _____ where they can _____.

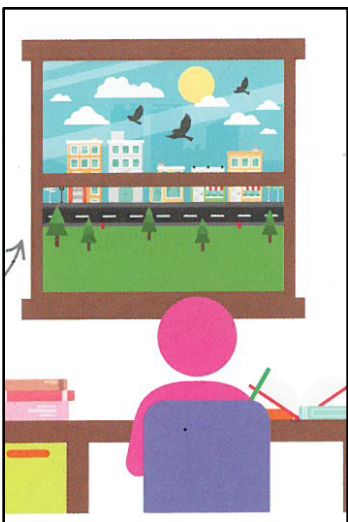
Focused Learning

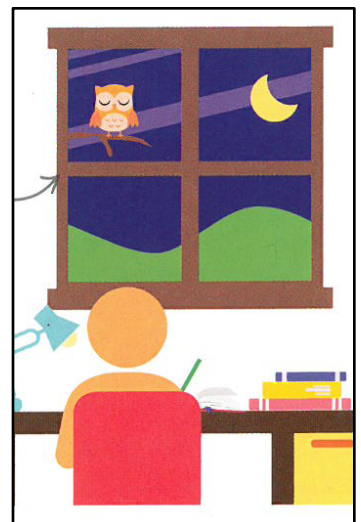
Short Bursts vs Long Periods of Study Time

PROS of Short Bursts

CONS of Long Periods

Are you an Early Bird, or a Night Owl?





Multitasking

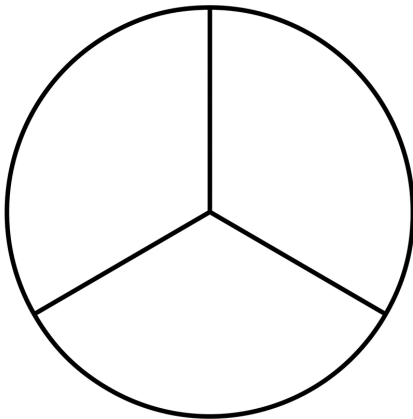
How do you Multitask? What are some strategies you could use to prevent this?

What are you Multitasking?	Possible Solution?

Setting Realistic Goals

Why is it recommended that students should set realistic and attainable goals?

Diet, Exercise, Sleep



Label the graph and give a brief explanation of why each of these things are important

1.

2.

3.

Organization

What are some difference ways that you can be organized? Why do you think organization is important for studying successfully?
