

Studying effectively

EFFECTIVE LEARNING DEPENDS NOT ON THE HOURS SPENT, BUT ON HOW WELL STUDENTS USE THEIR TIME.

Students should aim for a realistic study schedule that fits with their other commitments and the times of the day when they learn best. They should find a suitable environment where they can concentrate.

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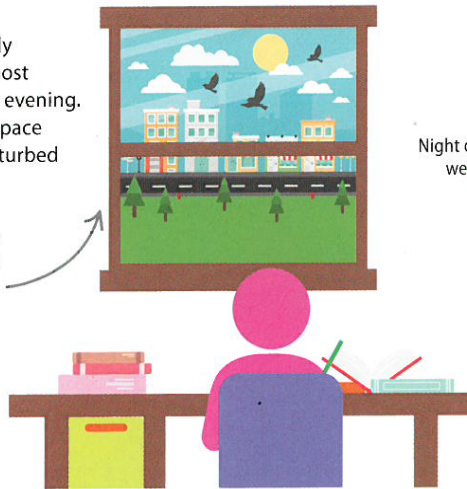
Focused learning

Short bursts of focused learning are more effective than long periods of unfocused study. Students need a stretch of uninterrupted time, but should not study for too long in one go. Long study periods should always be broken up with short, regular breaks.

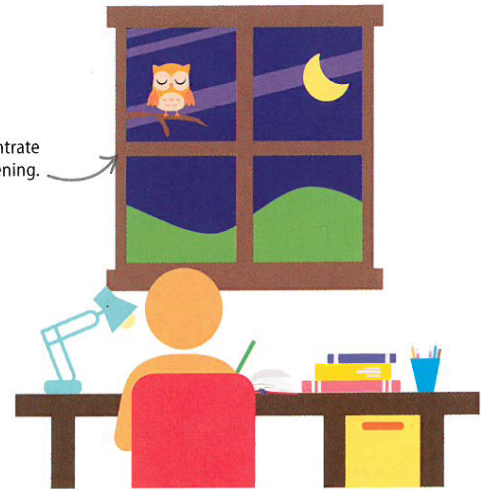
▷ Study environment

Students should plan study times for when they are most effective, be it morning or evening. They should find a study space where they will not be disturbed or distracted.

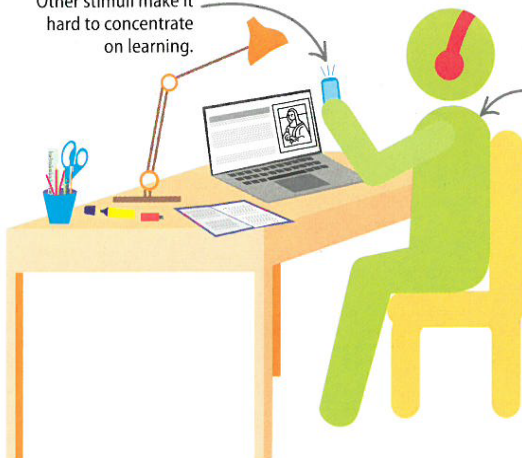
Early birds do their best thinking first thing in the morning.



Night owls concentrate well in the evening.



Other stimuli make it hard to concentrate on learning.



Students need to focus on just one task at a time.

“...students who study late at night tend to get worse grades than those who study in the evening.” Dr. Art Markman, Psychologist

Multitasking

Students may believe that they can multitask, responding to online chats and texts while studying, but each interruption disturbs the focus of a study session. However, some stimuli may be helpful, such as listening to music, and some students might prefer the hustle and bustle of a coffee shop to a lonely bedroom.

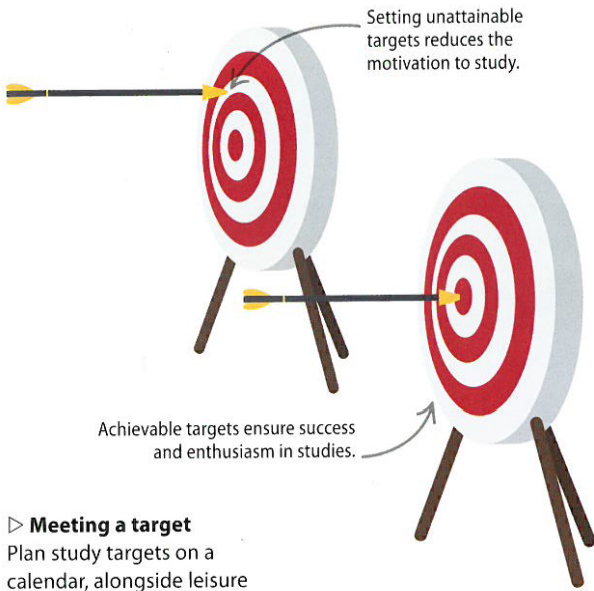
They should try to eliminate the distractions that stop them from focusing on their studies.

◁ Take a break

It is better to study for 30 minutes, then stop and relax in front of the TV, than to spend an hour attempting to focus with the show blaring in the background.

Setting realistic targets

Setting attainable targets is particularly necessary for reluctant students, or when a task is daunting. Gearing up to start is the hardest part. A student could opt to work on the task for just half an hour, which will lead to a short, concentrated period of study. Chances are, the student will become involved in the task and continue for longer.

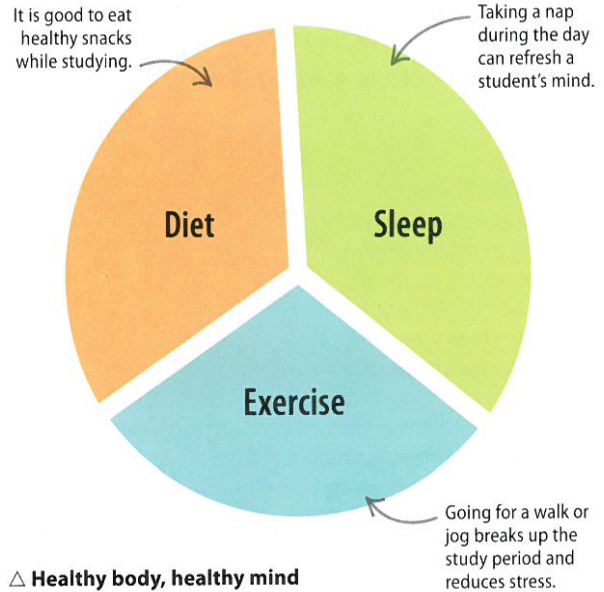


▷ Meeting a target

Plan study targets on a calendar, alongside leisure activities, to create a realistic and manageable schedule.

Diet, exercise, and sleep

Students should try to eat a balanced diet that includes sufficient “brain foods,” such as fish, and stay well hydrated, limiting caffeine and sugary drinks. Breaking up screen time with physical activity is good for developing ideas, and having a regular sleep pattern is important, too.



△ Healthy body, healthy mind

Diet, exercise, and sleep are equally important. Having a wind-down period of at least an hour off-screen before bedtime can aid sleeping.

Organization

An organized study space equals an organized mind, so it is useful to create a dedicated study area. If space is at a premium, a study corner in a room works well. This makes it easier to separate studying from other aspects of life. Neat storage solutions, such as filing cabinets and box folders, hide study materials from view when they are not being used.



△ Create a study zone

Create a separate study corner in a room, such as a bedroom. Organize files and books in one place so that they are easy to find.

REAL WORLD

Study smarter, not longer

Research has shown that studying for long hours does not necessarily result in high grades. When studying the same amount of material, learners who work in a quiet place, without distractions, will need less study time than those who multitask while they work.

