

TIPS FOR CREATING GOOD STUDY HABITS

When studying for classes in school or preparing for standardized tests like SAT, ACT, AP, etc. having a good study habit can help you improve your overall performance. Following are some tips that all students can use to improve habits -

1. CREATE A SCHEDULE

- An important step that most students skip is to have concrete and tangible long-term and short-term goals. So, you should consider writing down your schedule and goals for each day.
- In the beginning, adopting a new habit will be the hardest, sitting down and scheduling out the 3 hours you will dedicate to studying over the week can be a powerful technique. If you find this a hard habit to begin, you can consider joining Mittal Learning Stars. Our experts can help you schedule your time and manage it according to your convenience throughout your prep journey.

2. DO NOT OVEREXTEND YOURSELF

- Those students who plan ahead are believed to be optimistic, planning to study for 2 hours before sleep is very easy but doing it consistently is much harder.
- Remember to not put more than what you can do yourself on your plate, and never study for more than an hour without giving yourself at least a 10 min break. Breaking down your study hours into smaller time periods with effective break time to refresh yourself is important and this cultivates a healthy study habit.

3. CREATE SYSTEMS OF CUES & REWARDS THAT ENCOURAGES STUDYING

- It is believed by most kids that studying itself is boring or it's not a fun activity in the classical sense. While you can't change this reality, what you can do is, you can reframe the time before and after you do the whole day's studying.
- The cue can be anything, maybe you like grabbing a snack bar or making a cup of tea, it can all cue to let your brain know that you are about to start studying so be prepared. This little process prepares your brain to go through your daily routine of studying. It's more like a bell that you have to find to activate your brain's studying mode.

- After you have identified your daily goals, completed your studies & reflected on your today's mistake so that you won't do it in the future sessions, you should reward yourself whether it can be a movie that you enjoy or a tv show or maybe a video game it's all up to you because no one knows what encourages you to study more than you so be sure to fully enjoy and relax.

4. BE CONSISTENT, STAY ON YOUR SCHEDULE EVEN WHEN IT FEELS LIKE TEDIOUS OR REPETITIVE

- Throughout the studying time, it is known that students' motivation slowly decreases and they inevitably hit some plateaus. You may feel like you are going through this reading passage or this math equation for the 50th time or it is not worth your time. Do not fall for this trap.
- Remember that, every time you are going through your routine of dedicated studying, you are improving. You are helping your brain use less energy for the same question all because of your dedication and consistency while studying every question even when it is repeating, just remember through repetition, routine becomes a habit.

5. DO TAKE CARE OF YOUR MENTAL & PHYSICAL HEALTH

- If you want to study for long hours effectively, you should eat healthily, exercise regularly, and get enough sleep. Do not underestimate the power of a good diet and enough sleep. A balanced diet will give you the physical energy and mental strength you need to endure these long and mentally demanding studying sessions.
- Exercising is a natural way of releasing stress and anxiety. So If you feel nervous about the upcoming test or you are anxious about it then the best thing you should do is to take a walk and a nap after a good - long study session.

If you still can't help yourself with these instructions or you still have doubts regarding your daily studies schedule then consider joining Mittal Learning Stars and get help in your test prep journey from the best experts. Our experts specialize in these exam preparations and will help you build the right knowledge and confidence you need to score well.