

Developing Good Study Habits

Knowing Yourself

- ✓ There is always room for improvement.
- ✓ Understanding you and your needs helps you to develop new and better study skills as a student.

Answer these questions to begin to better understand you and your current study habits and skills.



1. What time is it when I study now?

2. What is the best time for me to study?

3. How much time do I spend studying right now?

4. How much time do I need every day to study?

Here's how I can change my study time:

5. Where and how do I study now?

- In a quiet room
- Listening to music
- Watching the tv
- I take breaks
- I don't take any breaks

6. How would I study the best?

- By myself in my room
- Where the family can help
- Where it's quiet

Here's how I can change my study habits:

7. What subjects are easy for me?

8. What subjects are hardest for me?

What helps me to make the hard subjects easier?

9. Do I used a planner/calendar to plan my study time?

Here's what I can do to plan my study time better:

10. Do I ask for help when I need it?

11. Who can I go to for help during the school day when I need help?

12. Who can I ask for help at home?

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