

# Importance of Good Study Skills

It is now recognized that **many students with learning difficulties need explicit, intensive instruction in study strategies**. Effective study strategies are the gateway to school success, graduation, college entry, and job advancement. Poor study habits can bar even bright students from many important opportunities that would otherwise enable them to realize their potential. For many young people who have learning and/or attention difficulties, studying is an overwhelming challenge.

The first step is to determine why the student is having difficulty. Here are some questions to consider and discuss with students:

- Does the student know what to study?
- Does he use a systematic method for studying?
- Does he seem to have inefficient study skills (Example: he spends long hours studying, yet performs poorly on tests)?

## Knowing what to study

Students are often unaware of the breadth and depth of the material to be covered in an upcoming test. To determine the student's level of awareness, ask him:

- Has he checked in with the teacher about the content of the test?
- Has the teacher provided a study guide or practice test?
- Is there a review session students can attend?
- Does the student have a plan for studying?

Help students understand that **his teacher may offer clues about important details to focus on when studying for a test**. Phrases teachers often use to signal importance include:

- **"Write this down"**
- **"Let me summarize"**
- **"Let me say it again"**
- **"This is important"**
- **"I'll write this on the board"**
- **"Remember... "**

## Organizational Study Skills

- Teach study skills begin with organization. The first step to creating organizational study skills occurs in the classroom. Students need to develop a system. They may need a binder with section dividers. Some students may prefer to have a notebook and a folder for each class. A planner or a calendar to write down the dates of upcoming assignments, tests, and projects help students organize.

## Time and Place

- Teaching study skills does nothing if a student has no place to study. For some, this may be a desk in their bedroom or a place at the dining room table. Others may prefer studying in the home office or while sitting on the deck/patio. A student should not study on his or her bed. It is important not to be too comfortable while studying as one needs to be alert and engaged in the material. Regardless of location, it needs to be quiet, free of distractions, and conducive to learning.
- Students also need to find a routine—when to study. Some students may choose to study as soon as they arrive home from school while other students may need a few hours to unwind and relax. Students who study shortly after arriving home find that they have better recall of the material as it is fresh. Students should establish a routine and make themselves stick to it.

## Incentives

- Parents may wish to assist by offering incentives. If a student is faithful to his/ her routine and maintain acceptable grades, the student should be rewarded with some time off—maybe the weekend. Parents could also offer to take their son or daughter to the movie or out to dinner simply for doing well. When parents sweeten the deal, students understand that they have more at stake than just some grades. The greatest incentive, of course, is a habit that will benefit them their entire life.

Adapted : <http://www.brighthub.com/education/k12/articles/15750.aspx#ixzz15UYqdheH>