

Ten Science-based Study Habits

1. **Create a study space.** You'll have an easier time getting into study mode and staying focused if you have a designated space for homework and studying.
2. **Organize your materials.** Make sure you have everything you need before you begin and avoid interruptions. Don't forget to include water and a light snack.
3. **Relax before studying.** Take some deep breaths, stretch gently, listen to a song that comforts you—whatever it takes to calm your mind. Tension and anxiety hurt your concentration. (This is true for tennis, too!)
4. **Turn on the tunes.** Lots of parents think music is distracting, but research shows it can actually help students stay focused. There are even study playlists you can download.
5. **Turn OFF social media.** It's distracting and a time waster. You're not really focused if part of your brain is monitoring Snapchat. You can get an app that allows you to set a timer to turn off social media while you study and turn it back on when time's up.
6. **Study in chunks.** Parents may find it surprising, but research shows that 25 minutes of studying followed by a five-minute break is far more effective than studying for a solid hour. (You can even use that five-minute break to check your messages as long as you limit yourself to five minutes and then get back to work for another chunk.)
7. **Mix it up.** Study your vocabulary words for seven or eight minutes, then do ten minutes of math followed by 7 minutes of reading your social studies. Take your five-minute break. Repeat.
8. **Study near bedtime.** Your brain will process the new material while you sleep. Try setting aside a study chunk half an hour before going to bed.
9. **Study over several days.** Studying in small chunks for three days beats studying in one long session the day before the test.
10. **Write your notes by hand.** Information that you write down gets embedded in your memory bank better than information that you type. Similarly, reading material out loud tends to stick in your brain more than if read silently.

BONUS: Check out the other side for study strategies beyond simply re-reading notes.