



# How to Be a Good Student

Instructions

# Improvement

- Improve your study habits, motivation and organizational skills to improve the quality of your learning at school, regardless of whether you are just starting a new school year or need a fresh start in the middle of a semester. When you have a reason to care -- such as a need for good grades, a desire to qualify for a good school or scholarship or a fascination with the subject material -- you can use it to motivate yourself to develop the habits that will make you a good student.



# First

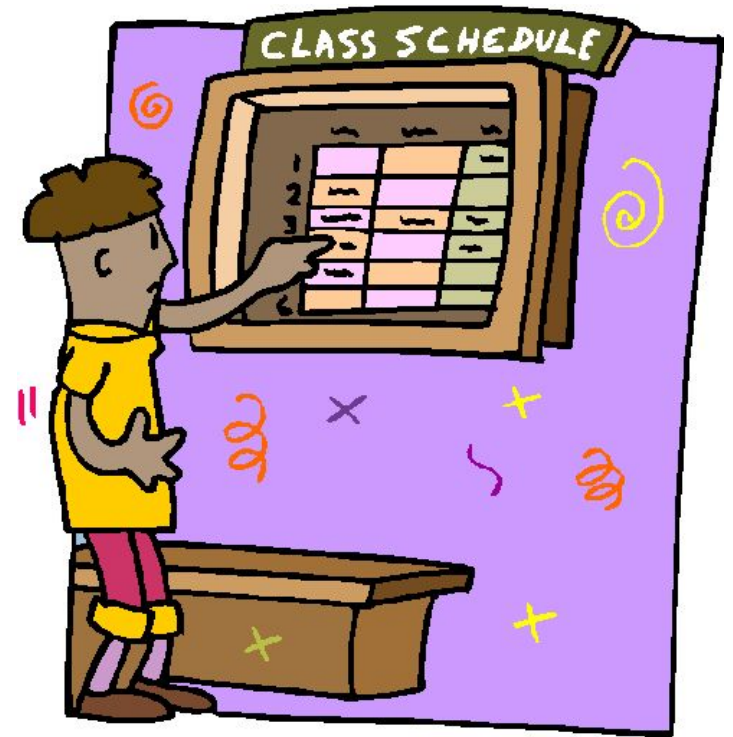
- Minimize your commitments to make sure your schedule is free enough to allow a balanced lifestyle of thorough study, sufficient sleep and regular exercise and recreation. Many people overestimate how much they can get done in a day. If you are overworked, seriously consider dropping an optional club or activity. To overcome fear of disappointing people, remind yourself that a few things done with excellence will be more satisfying than many things left undone.





# Third

- Schedule a specific time each day for studying, reading and working on assignments. Alternate 20 to 30 minutes of working with 5- to 10-minute breaks to keep your mind fresh and alert. Do your best to avoid other activities during your allotted study times; keeping them consistent will begin to build habits and train your brain to move into study mode at certain times and in certain settings.



# Fourth

- Go the extra mile once your basic requirements are under control. Some ways to do this include checking out extra books from the library to help you gain a deeper understanding of the subject matter, finishing extra-credit assignments, listening to free lectures on the Internet or even offering to assist your teacher as an assistant.

