



**PORT GLASGOW  
HIGH SCHOOL**  
SUCCESS FOR ALL

Over the last 5 years, pupils have attended well over 2000 Supported Study Sessions including Easter School and Saturday School. The last 5 years' exam results have been outstanding for PGHS.

*Be part of the next record-breaking year—attend Supported Study throughout the year.*

We give out 1000's of Study Cards each year. More and more pupils are using this method of study and revision.

*Begin using Study Cards right at the start of your courses for maximum effect. Packs of Study Cards are available in school free.*

Good study habits early in the year will prevent the last –minute burn out which is shown not to be effective in most cases.

*Start your Study Planner this term. Blank Planners are available from the school office free.*



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**Study  
for  
Success**

# 10 Study Habits of Effective Learners

## Successful students have good study habits.

This booklet will tell you about 10 study habits that can really improve your focus, learning and success!

If you want to ensure success at the end of your school career—please read through this advice now and in the coming months...it WILL help.

### 1 Time

Try not to do too much studying at one time—you will tire your brain and your studying will not be very effective. Space the work you have to do over shorter periods of time. Taking short breaks will restore your mental energy.

### 2 Plan

Plan specific times for studying. Study time is any time you are doing something related to schoolwork. It can be completing reading, working on a project or revising for an assessment. Schedule specific times throughout the week for studying. **Use your Study Planner.**

### 3 Routine

Try to study at the same times each day—this established a routine that becomes a regular part of your life, like sleeping, eating or going to the gym. When study time comes around each day, you will be mentally prepared for it.

### 4 Goals

Set specific goals for each study session, stay focused and monitor your progress. You must be very clear about what you want to achieve or your study time may have little direction or purpose.

### 5 Motivate

You may delay starting study because you don't like a subject or assignment that you have to do or because it is too hard. Delay is called "procrastination". If you delay for any reason, you will find it difficult to get everything done when you need to. You may rush a piece of work resulting in poorer quality and increased errors.

### 6 Target

Work on your most difficult assignment first as this is when you will have the most mental energy.

### 7 Review

Look over your class notes before you start an assignment or piece of work. Make sure you understand the purpose of the piece of work. Doing this at the start may avoid you completing work that is not required or incorrectly reading a question.

### 8 Peace and Quiet

Make sure you avoid distractions during study times. Ask friends not to call you at times you have scheduled to study. Firstly, your work can be interrupted by this and it may not be easy to get back on track. Secondly, you will then be distracted and lose your focus. A simple strategy...turn off your mobile phone when studying.

### 9 Help!

Sometimes 2 heads might be better than 1! If you are struggling with a specific piece of work or don't know how to begin it...ask for help. Teachers or classmates may be able to advise you and get you started.

### 10 Review

Make sure you are studying the correct things! Study time spent on the wrong work is wasted time. Use study techniques and keep your focus. Is study improving your grades? If not—what do you need to change? Don't just study...STUDY SMART.