**JAG02 Unit 1 Study habits**

1. **Discuss in pairs/groups: What would you do differently after this exam period in terms of your study habits?**
2. **Becoming an effective student: In your own studies, in which of the six areas from below could you improve and how? Compare your answers with a partner.**

Learning how to study effectively is an essential skill for students in any discipline. There are six areas which are *crucial* to developing good study habits.

**Targets**

Always set a realistic work target. For example, plan to read one chapter of a book each evening rather than think about reading the whole book over the weekend. This kind of detailed, planned target is more *effective* than a *vague* commitment. It is sometimes helpful to tell your friends about your plan. This is a good *incentive* to keep you on target because they will know if you fail!

**Rewards**

Develop a system of small rewards for your work. For example, stop for a cup of coffee or tea or listen to a favourite piece of music after one hour´s study.

**Timing**

Make sure you choose a suitable time to study, i.e. when it is quiet and when you are most *alert.* Try to make this a regular, time-tabled part of your day. If you plan to start work at a certain time, say 7pm, do not find reasons to *put off* getting started.

**Quantity**

A large task such as researching a new topic for an essay can be *daunting* - so daunting, in fact, that it can be difficult to sit down and make a start. Break the larger task down into several smaller ones. For example, make a list of questions that you will have to deal with in your essay, and then approach each question separately. This makes the work more manageable.

**Notes and learning styles**

The books you are studying won´t always present information in a way that suits your learning style. It is, therefore, *worthwhile* spending time making notes and organising them in a way that suits you best. It is also a good idea to keep your notebooks neat and well organised. This will make it much easier to *retrieve* information later.

**Revision**

Don´t leave revision until the last moment. When you set your study targets, allow regular revision time. This is much more effective than trying to *cram* before an exam.

**Look at the words in the table from the text above. Write the part of speech. Match the words with their meaning.**

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| --- | --- | --- |
| **word** | **part of speech** | **meaning** |
| 1. crucial | *adjective* | 1. producing a successful result |
| 1. effective |  | 1. awake/ able to concentrate |
| 1. vague |  | 1. find (information) again |
| 1. incentive |  | 1. frightening or annoying |
| 1. alert |  | 1. study hard in a short time |
| 1. put off |  | 1. something that encourages you |
| 1. daunting |  | 1. extremely important |
| 1. worthwhile |  | 1. delay doing something |
| 1. retrieve |  | 1. not clear or definite |
| 1. cram |  | 1. useful |

(adapted from Philpot, S. & Curnick, L. *Headway Academic Skills Level 3.* OUP: 2011)