**Building Study Habits Activity**

**GOOD**

Use recall – after you read a page look away and recall the main ideas

Test yourself – use quizzes and flashcards to recall information previously learned

Chunk – break down a problem into manageable pieces

Space your repetition – spread out your learning over days, not hours

Mix up your problem-solving techniques – never practice too long one type of problem

Take breaks – help prevent frustration

Use simple analogies – try explaining a concept so a ten year old would understand it

Focus – put the phone in another room

**BAD**

Passive rereading – sitting passively and letting your eyes run over the page

Highlighting – highlighting can fool your brain into thinking you know it

Looking at the solution – trick your brain into thinking you know how to get the answer

Last minute cramming – wait until the day before a test to start studying

Keep solving the same type of problem – it’s like preparing to play basketball by just dribbling

Study sessions with friends – can often turn into chat sessions

Not reading the textbooks before starting – would you jump into a pool if you didn’t know how to swim? The textbook is your swim instructor

Not getting enough sleep – Your brain needs time to process. Sleep is the time for this.

Study Habits – from A Mind for Numbers. Barbara Oakley. 2014. Penguin Random House. 978-0-399-16524-5