



National Study Academy

The Study Room

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7 Study Habits for Getting Better Grades!

Habits are formed and refined. Good habits are not usually intuitive but once cemented, can provide a life time of excellent studies. Any subject that is STEM-oriented should be studied using the concepts below.

- I. Work vigorously with care, especially when you work at home. Do not rush through each problem but check your work and/or reflect how the problem was solved after each completed solution. If possible, check your work consistently and make sure that the answer makes sense. After you're finished, smile. 😊 Your SAT math scores will improve naturally by **at least 50** points during your junior and senior year!*
- II. If you need to draw a picture, do so. Do not draw flimsy geometric figures but use your artistic ability and resolve to draw as accurately as possible. Your pictures should get better with time and practice. Drawing helps your brain see and visualize three dimensional objects better. Most mathematical solutions entail at least two methods of solution, namely algebraic and/or graphical.*
- III. Write down all relevant formulas before beginning each problem until you have memorized them and can repeat them in your sleep. Also, write the question in a succinct form and identify the goal of the problem. If you don't know what you're looking for, you can't find it!*
- IV. Related to the previous habit, write all relevant information down on your paper succinctly. The physical process of writing things down on paper assists with stimulating your brain. Don't spend your time looking at the wall or the ceiling for answers. They're not there. Look at your paper. That's where your problem is located.*
- V. When you don't understand a homework problem and the teacher solves it in class, try the problem again at home before you start your current homework. It will cement your learning and should assist with your **new** assignment. Remember that new concepts are built on top of previous concepts, and only 40% of material is usually retained when students do not go back to the problems not mastered!*
- VI. When reviewing for tests, make sure that you can **redo** the harder problems from your homework. This will ensure that when you take the exam, if the teacher gives "curve balls", you can adjust to the problem at hand if the tests are reflective of the homework assigned.*
- VII. If you have some time, spend between 5 to 15 minutes to preview your next section. Take notes on it in your notebook. Make sure that you understand the bolded vocabulary words and work out the examples as rigorously as possible. They are extremely helpful in terms of learning.*

❖ **Quality is more valuable than quantity when it comes to studying!!!**