

STUDY HABITS PRESENTATION

Designed and created by Madeline Taylor and Marie Metz

AGENDA



• Lifestyle



• Time Management



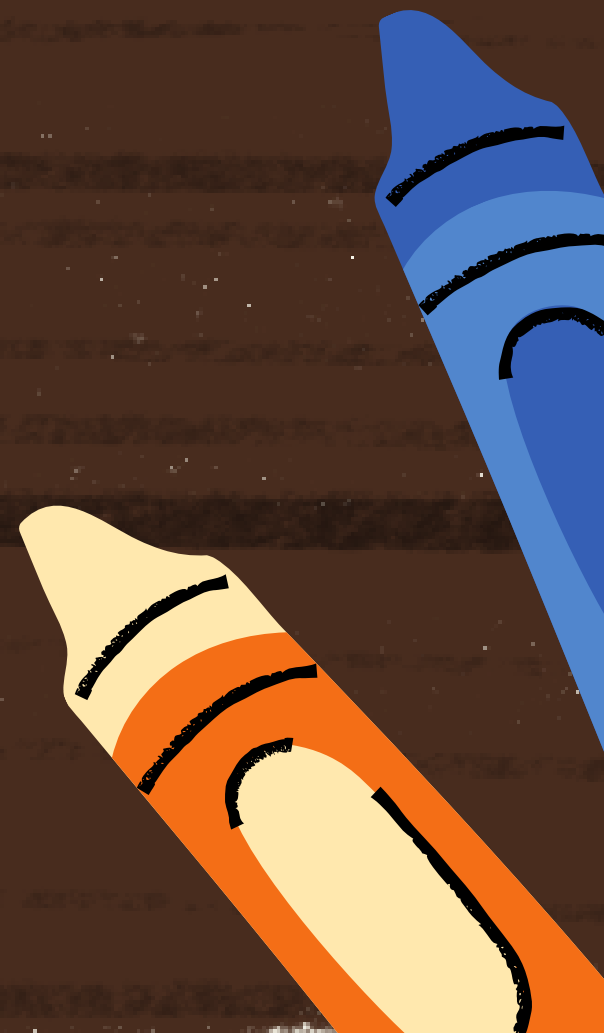
• Study techniques



• Note-taking



• Academic Stress





LIFESTYLE

POSITIVE HABITS



Sleep

- Sleep is essential to stay focused and active in class, as well as improve academic performance
- Ideal amount is 8-10 hours a night
- Sleep should not only be a priority, but also quality of sleep

Limit screen time

- Scrolling mindlessly will lead to decreased productivity
- Blue light before bed disrupts sleep quality, try reading instead so your brain isn't tricked into thinking it's daytime
- Excessive screen time can lead to unhealthy comparison/jealousy

Hobbies

- Pursue hobbies or extracurriculars that have nothing or very little to do with school
- Helps to affirm your identity outside of academics
- Examples include sports, art, music, volunteerism etc.

Mindfulness

- Set short term and long term goals
- Practice gratitude each day
- Journal if you feel overwhelmed to release difficult emotions
- Take moments throughout the day to be present with your thoughts



ROMANTICIZING SCHOOL

Create a study space where you feel comfortable and productive

Make a pinterest board with some academic aesthetics!



Invest in school supplies/writing instruments



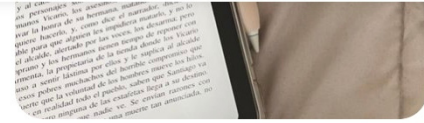
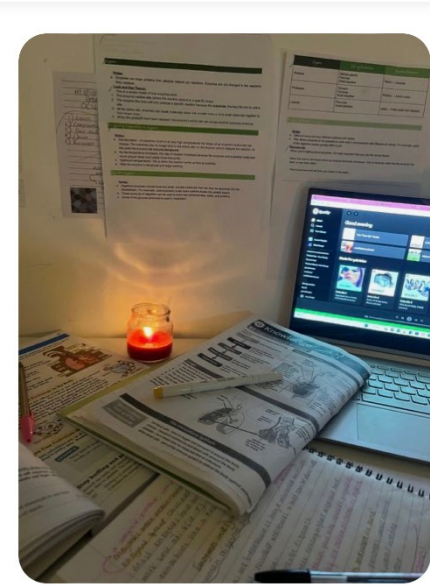
Have a study snack on hand, your brain needs fuel!



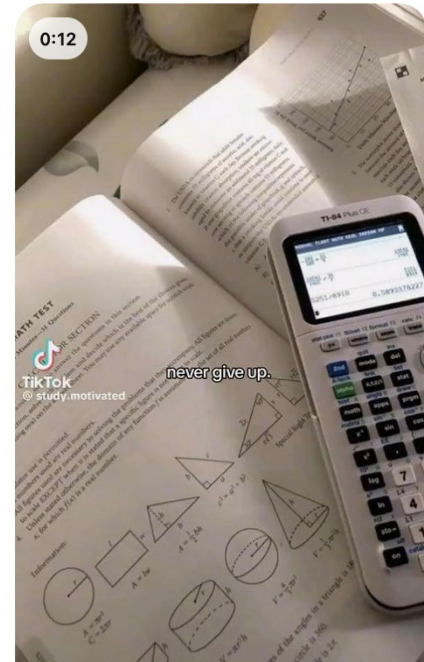
Listen to music



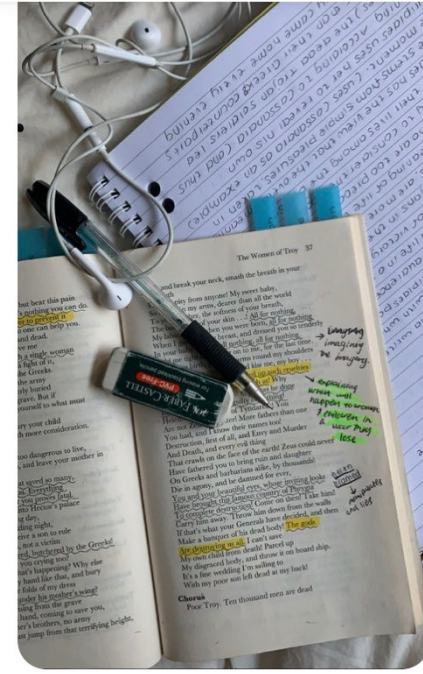
Change where you study frequently, cafes are a great place to get work done



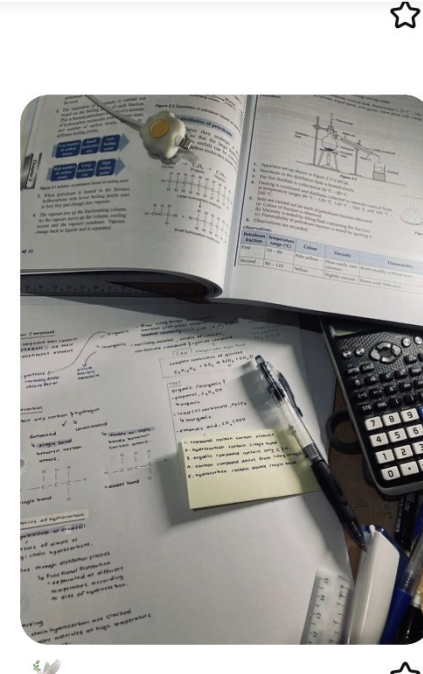
School
—Yukio!



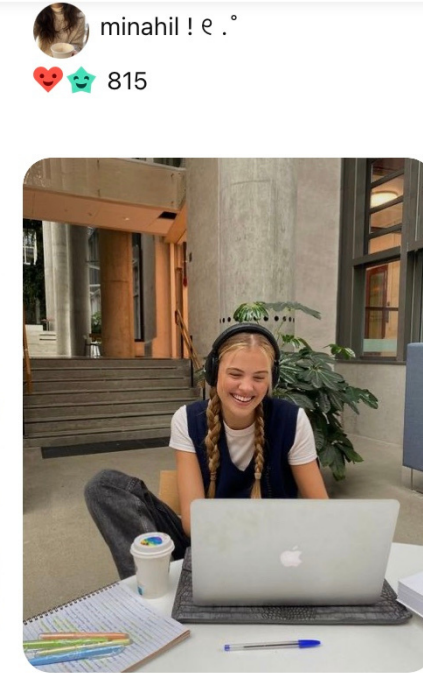
0:12
TikTok
@Study.motivated
never give up.



amy hammond

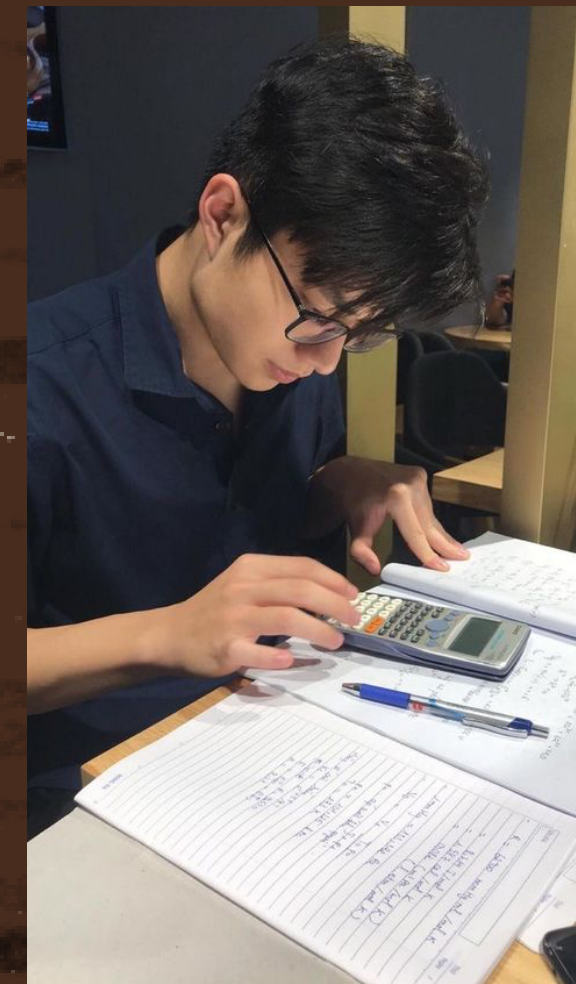


syazleen

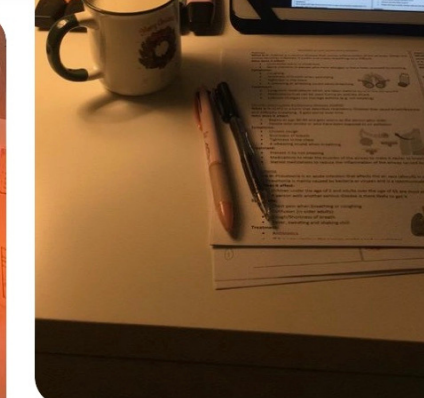


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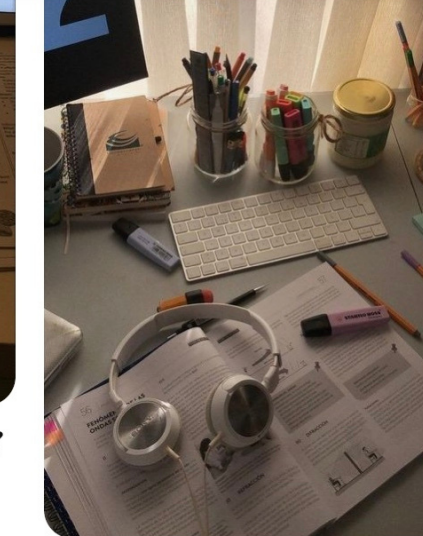
studying now so i can be h...
gabi 90e



@babydollbx



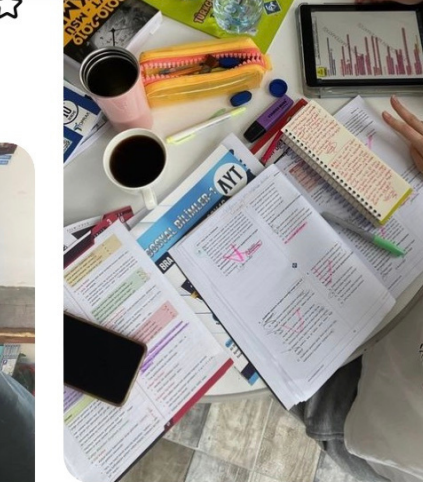
hymoonavenus
hymoon



Silent Vlog | writing, coffe ...
sarahCMZ

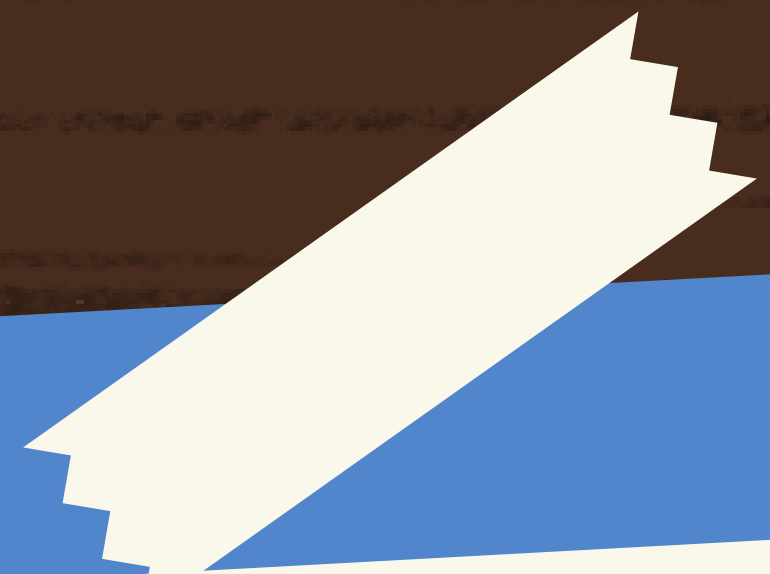
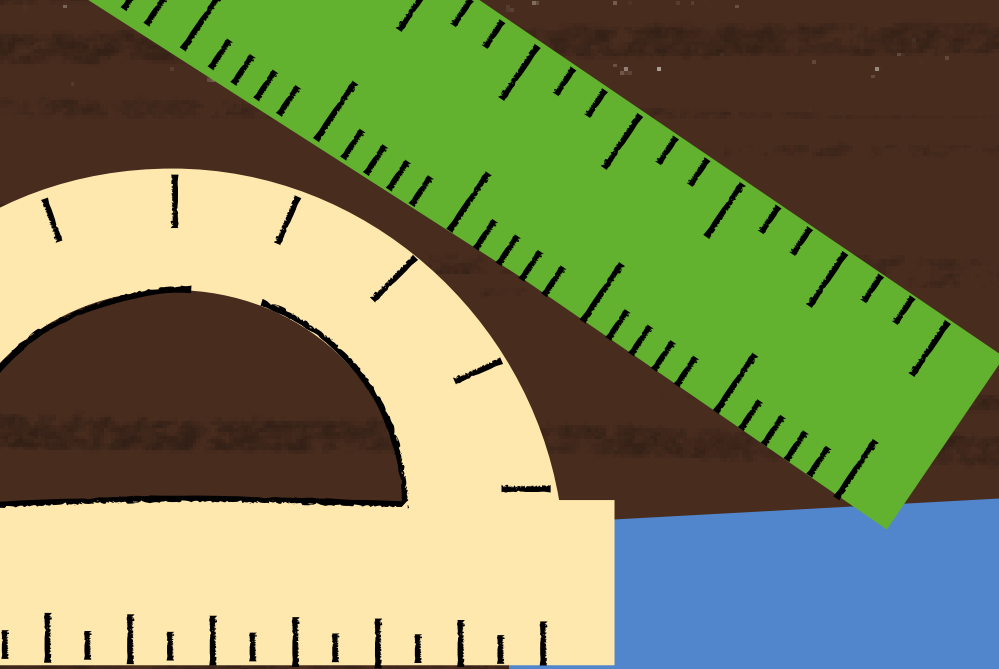


romanticizing studying...
a3



Subhra





TIME MANAGEMENT



TIME BLOCKING

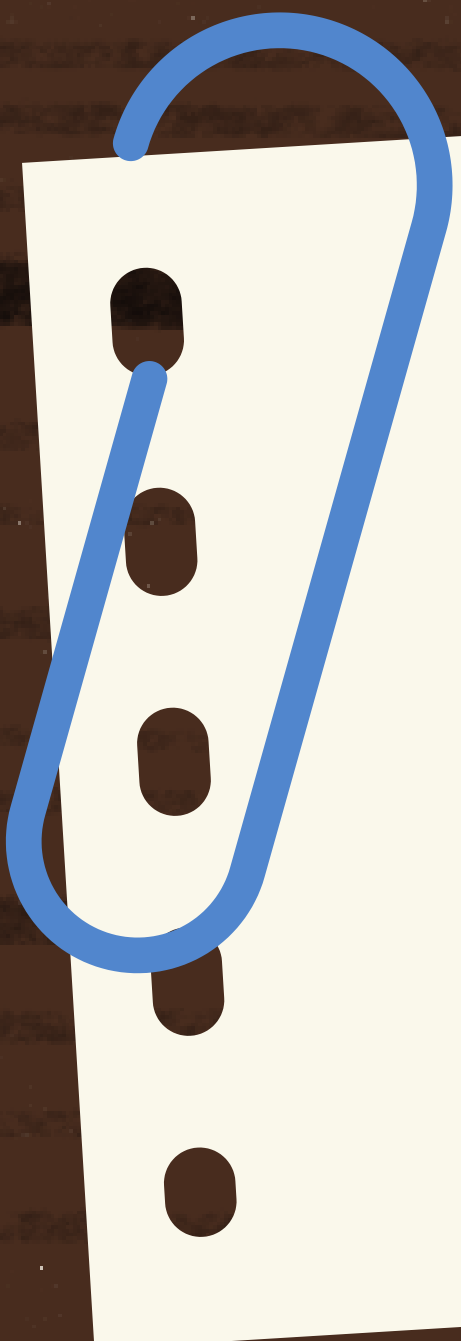


- Dividing up your study time into smaller blocks of time for different tasks
- Plan ahead for when to study subjects and for how long
- Making a schedule, but for studying and stick with it





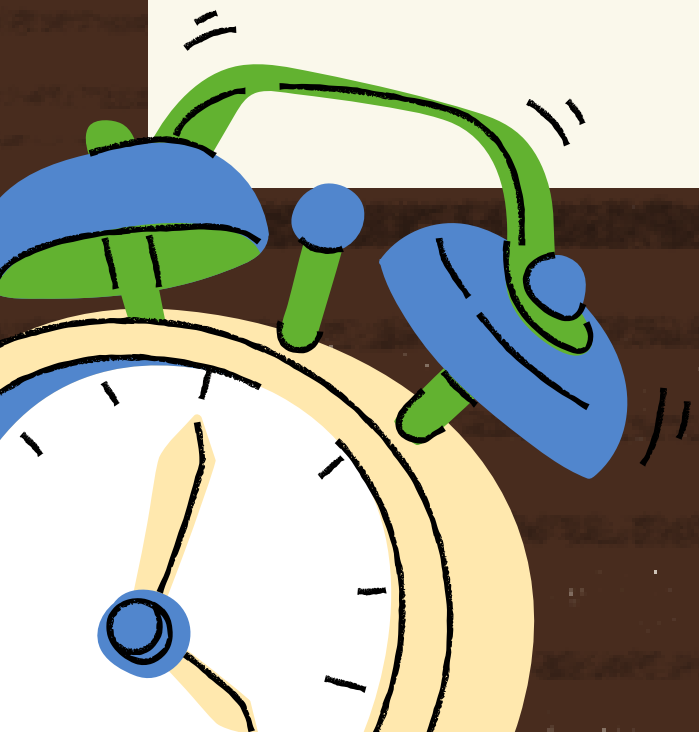
POMODORO TECHNIQUE

- 
- Time management technique to balance focus with deliberate breaks
 - Set a timer for 25 minutes and work on a specific task for that time
 - When the timer runs out, take a 5 minute break
 - Repeat 3 more times for a total of 4 25-5 pomodoro sessions
 - Tip: try not to scroll during the 5 minute breaks, instead get outside, practice a hobby, clean up your work space etc.



123 METHOD

- Strategy to help against procrastinating a task
- Focus on counting to three slowly and then you have to start your task
- Example: when having trouble getting up in the morning, count to three and then just get up



5-MINUTE RULE

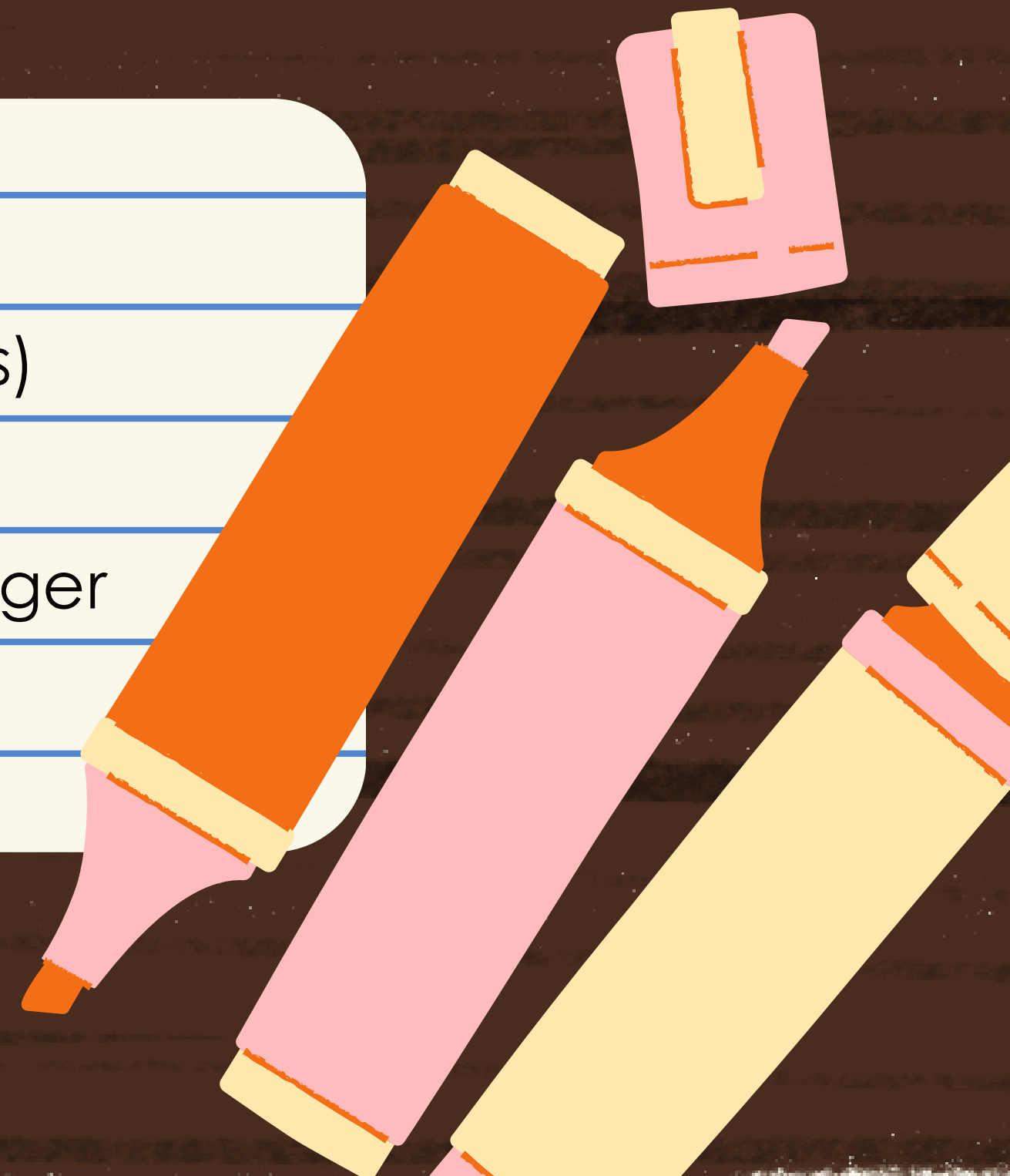
- Motivation to start studying, since starting is often the hardest
- Set a five minute timer during which you work on a task you've been procrastinating
- Afterwards, you are free to stop, but most likely you will feel motivated enough to continue working





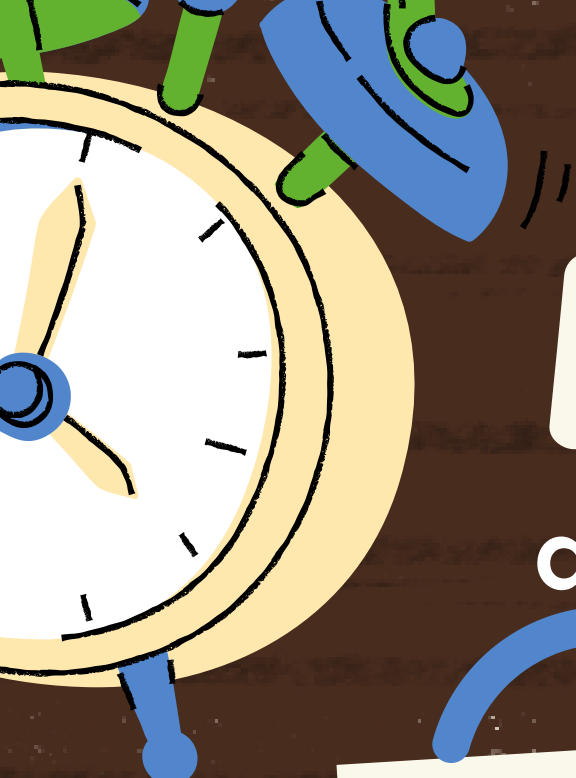
SPACED REPETITION

- Reviewing material in intervals
- Gaps between study sessions (hours to days)
- Start with review sessions closer together
- Gaps between sessions get increasingly longer
- Puts information into long-term memory
- Use active recall and other methods





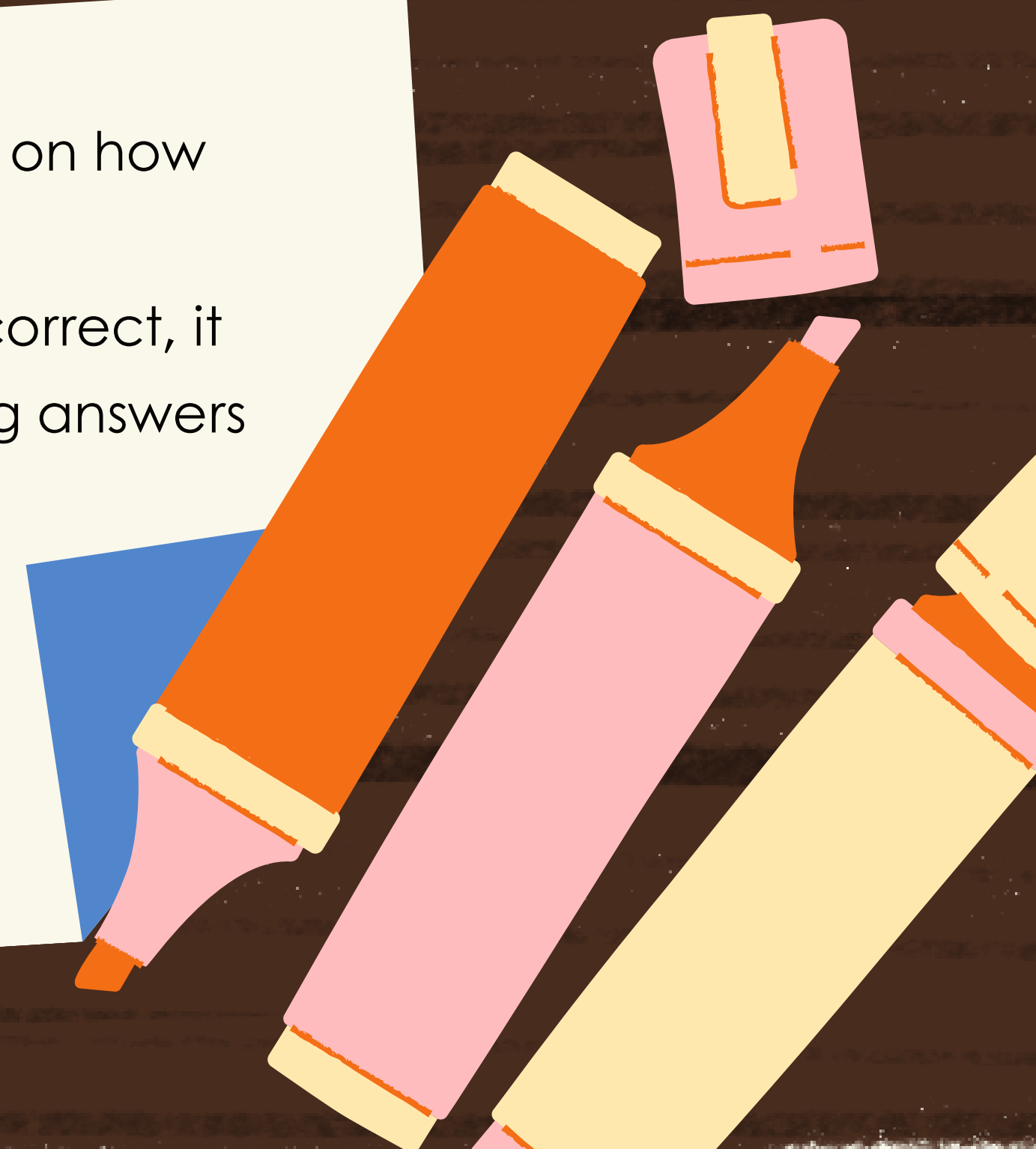
STUDY TECHNIQUES



LEITNER SYSTEM


and Flashcards

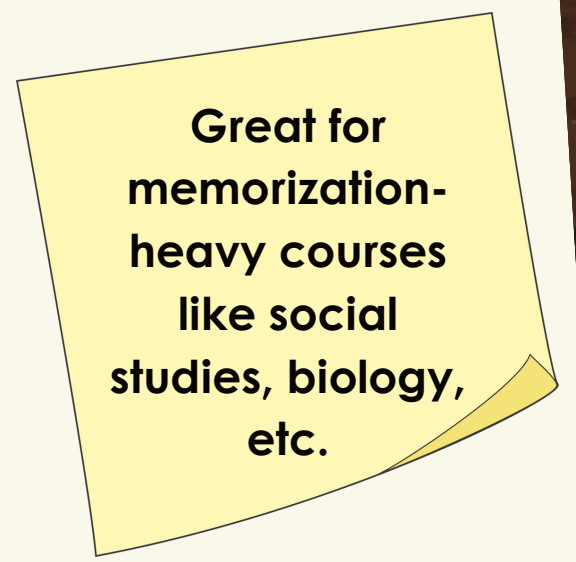
- Flashcards are sorted into groups depending on how well you know them
- When reviewing, if you answer the question correct, it moves to the next (easier) group, while wrong answers are moved back
- Groups with more complex flashcards are reviewing more often
- Uses spaced repetition, as you don't review everything every day





BLURTING/ACTIVE RECALL

- 
- Used to memorize and retain information, makes your brain work harder, and stimulates a test-like environment
 - Read through notes/powerpoint for 15-20 minutes, then close them
 - On a separate sheet of paper, write down as much information as you can remember
 - Once finished, reopen notes and fill in any information you missed




Great for memorization-heavy courses like social studies, biology, etc.





FEYNMAN TECHNIQUE

- 
- Taking a difficult subject and simplifying it
 - Explain the topic as if teaching it to a child
 - Helps you get a deep understanding of the subject, and allows you to identify gaps for you to revisit in your notes.
 - Being able to simplify a concept means you really understand it
 - Teaching someone benefits you and the other individual




INTERLEAVING

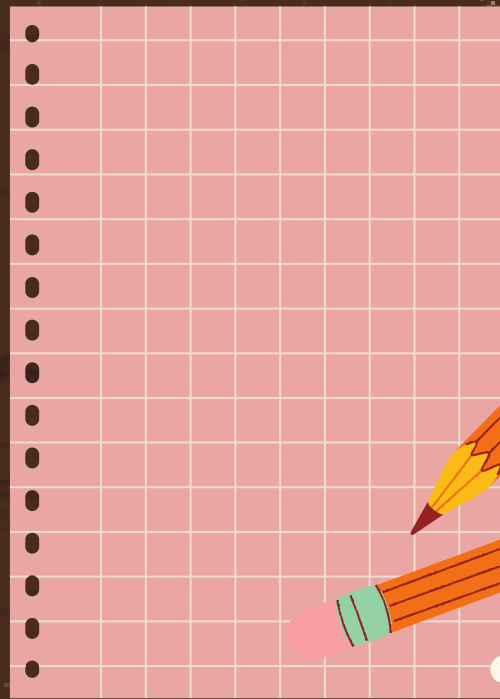


- Mixing subjects while studying, and using several different study techniques
- Allows you to study multiple topics, while ensuring that you stay focused
- You don't only remember what you just read, but will be forced to retain information for later
- Helps you make connections between topics



The image features a dark brown background with various school supplies. In the top left, there is a yellow protractor and a green ruler. A white pencil is positioned diagonally across the top. In the center, a white rectangular card with rounded corners is placed on a blue rectangular background. The card contains the text 'NOTE-TAKING' in a bold, green, sans-serif font. In the bottom right corner, there is a stack of papers with orange and blue covers and horizontal lines representing text.

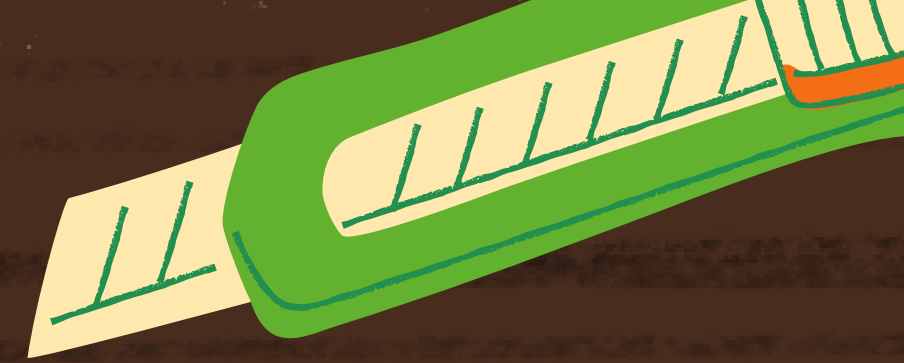
NOTE-TAKING



NOTE-TAKING

- use headings for the main concepts
- write down whatever helps YOU the most (no need for excessive details on things you already know)
- color-code or highlight your notes
 - use different colors for key concepts, important information, new words
 - organize the information in a way that makes sense to you!
- during class:
 - look for relevant information - anything too detailed or not directly related to the key concepts is likely not important
 - create abbreviations for words/terms that you use often to save the time of writing them every time (Ex: CNS instead of central nervous system)

CORNELL METHOD



- Divide your note page into three sections: notes, keywords and questions, summary
- Use a small column on the left-hand side for questions on the material, and important terms
- The main section is for all your notes and more detailed explanations
- In the bottom section, write a short summary of your notes



OTHER METHODS



Boxing method

- drawing boxes around topics to visually separate them
- very organised and great for digital notes

Charting method

- organizing information in rows and columns (into charts)
- organising information into categories
- allows you to compare topics


Mapping method

- creating a mind map of the information
- visual representation of connections between topics
- increases comprehension as you relate ideas


Outline method

- use headings, subheadings and bullet points to organize your notes
- clear structure and allows for lots of details
- ideal when color-coding and highlighting notes





WHILE STUDYING, DON'T JUST READ THROUGH YOUR NOTES!

- Very time consuming
 - You're not actually understanding the material, but rather memorizing it
 - No active recall - you may not realize what you do and don't know
 - Also don't just rewrite your notes word for word!
 - Instead: make flashcards, use the blurting method, paraphrase important concepts, research the topics, do practice question, etc.
- 



ACADEMIC STRESS

ACADEMIC STRESS

Procrastination

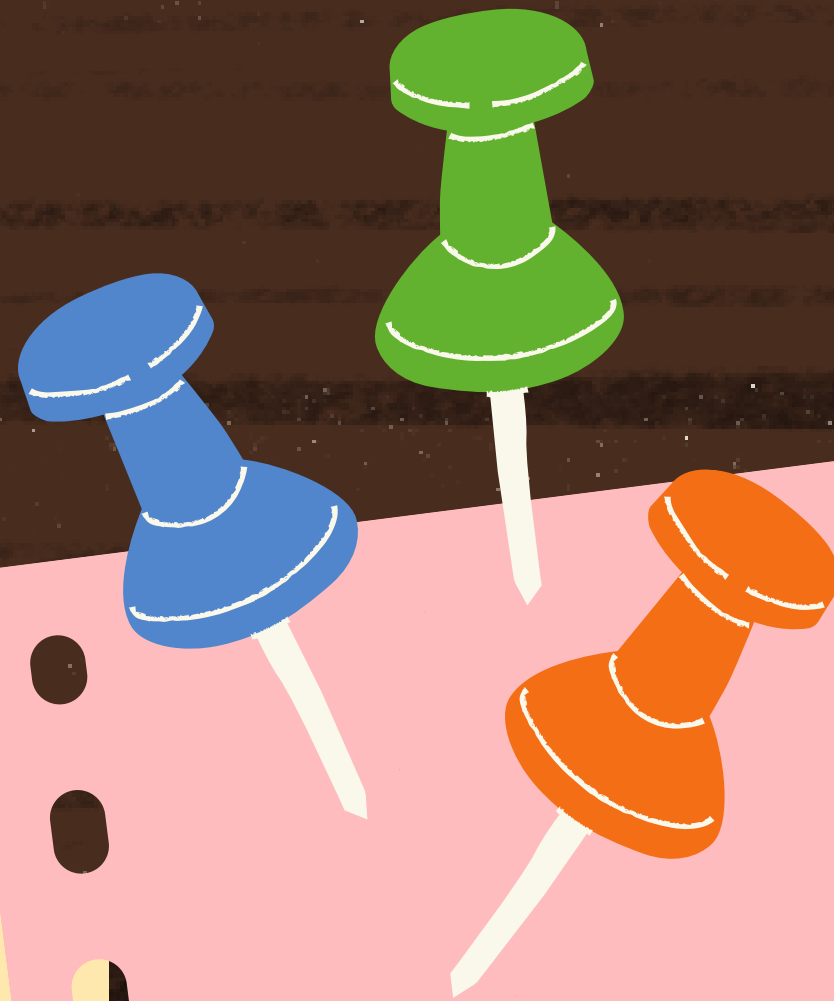
Procrastination is the act of unnecessarily delaying an important task, and many students struggle with it. Some ways to confront it and avoid it include eliminating distractions, set measurable goals, hold yourself accountable, and take breaks in between work sessions.

Distractions

The best way to avoid distraction is to actually schedule a form of distraction into your day. For instance, if you are planning to study in the morning, spend time with friends in the afternoon. This helps reduce stress and get your mind off work.

Burnout

Avoiding burnout as a high school student is not an easy task, but can be avoided with a well-balanced lifestyle. If your whole life is centered around academics, burnout is inevitable, so it is important to take on hobbies, prioritize self care, avoid hustle culture, and identify symptoms of burnout as soon as they show up.



BURNOUT

What is burnout?

Burnout is a state of emotional, physical, and mental exhaustion due to excessive amounts of stress over a long period of time. It can occur because of lack of rest and constant fear of falling behind on constant demands.

Students often suffer from burnout because of heavy school workloads.

Symptoms

- Lack of motivation and interest
- Reduced ability to focus
- Physical and mental health issues
- Lack of creativity
- Decreased academic performance
- Exhaustion



Burnout in students

Academic burnout is extremely common among students, especially those in high school. It is often ignored or neglected, as students are heavily focused on doing the best they can, regardless of the circumstances. The main stressors of burnout include attendance, homework, studying, exams, extracurriculars, and sports.

TIPS TO PREVENT BURNOUT

-Make time for true rest- PSA scrolling is not resting your brain

-Spend time outside for at least 30 minutes every day

-Get quality sleep every night

-Focus on good nutrition

-Give yourself grace

-Set reasonable, measurable goals



