

Habit # 1

Successful students take the time to understand their own learning style:

These students understand:

- Themselves
- Their capacity to learn
- The process that they have successfully used in the past
- Their own knowledge and interest in the subject they need to learn.

Most people find certain things are easier to learn than other things. For example, I find it easy to learn snowboarding, but find it tedious and difficult to learn computer programs. Another person might be the opposite.

There are 4 steps necessary to learn effectively:

1) Analyze your past:

Think about your past. Did you enjoy these activities? Answer Yes/No.

Reading?

Solving Problems?

Memorizing?

Performing?

Teaching Others?

Public Speaking?

Asking Questions?

Summarizing?

Reviewing?

Studying Alone?

Studying in a Group?

Long Study Sessions?

Short Study Sessions?

From the list above choose 3 studying activities you enjoyed the most.

1. _____
2. _____
3. _____

Now choose 3 things that you avoided.

1. _____

2. _____
3. _____

Keep this in mind when you create a study plan for yourself.

2) Look at the present assignment or task

Analyze your assignment. Ask yourself:

How interested am I in this topic? _____

How much time will I need to learn this? _____

What distractions are in my life and in my study area at this time?

Distraction #1 _____

Distraction #2 _____

Distraction #3 _____

Distraction #4 _____

Can I succeed despite these distractions? _____

What distractions can I control? _____

Which distractions are out of my control? _____

How can I change these conditions to create success? _____

Action Plan: Create a plan that eliminates distractions that you can control.
Consider your past experience and your learning style.

3) **Do the assignment:**

Do the assignment and ask yourself these questions:

How much do I already know about this subject? _____

What resources do I need to learn more? Example: Textbook, website, etc.

Am I understanding? _____

If not, am I asking why to my teacher or tutor? _____

Am I summarizing what I learn by taking notes? _____

Do I need more time or resources to complete the task? _____

Are there any students in your class who you would like to study with? _____

If so, ask them.

4) **Always reflect on your performance of the assignment:**

Once you've completed your assignment, reflect on how you tackled the assignment. What did I do well?

What could I do better? _____

Did I use my strengths and weaknesses?

Did I create the best possible conditions with the least amount of distractions?

Did I follow through to completion?

Did I succeed? _____

If so, did I celebrate? _____