

Research Findings on Effective Study Habits

There are five truisms found in various research articles on effective study habits. They are the following:

- Repetition reinforces and strengthens recall. There is no substitute for effective memorization of facts. Memorization skills can be enhanced by using neumatic words or phrases.
- Study only when rested. Cramming and late night studying when fatigued are counter-productive.
- Minimum of one hour a day devoted to studying. Students who performed better academically spent more than one hour a day on homework. However, studies also showed that the 90th percentile of students did not display good study habits, relying instead on their intellect.
- Study groups can be helpful by boosting your motivation, enlightening you to new ideas, comparing of notes, and clarifying questions that students are afraid to ask in class. Pitfalls include deterioration into social groups, negative forums, or domination by one or two group members.
- The environment in which you study has a big effect on how efficient your time is spent. Studying in a brightly lit, quiet area without distractions is ideal.