

ANALYZING YOUR STUDY BEHAVIOR

Monitor your studying for the next two weeks. Keep this information in a study log. List your assignments for each of your classes, and then answer the questions below.

HOW MUCH TIME DO YOU SPEND STUDYING?

Calculate your daily average. Keep track of how much time you spend studying each day, then divide by the number of days we keep the log.

HOW IS THE TIME DISTRIBUTED?

Do you skip studying for several days, then try to catch up by staying up late one or two nights a week?

Two types of distribution are: 1) Massed Practice: big chunks of study after long stretches of no studying; ex.—cramming. 2) Distributed Practice: learning in small, regular, evenly-spaced sessions, such as two hours per night; preferred over massed practice.

WHEN TO STUDY?

At what time of day or night do you study? (if you wait until after 10 PM to study, it is probably not the reading that is putting you to sleep!)

WHERE TO STUDY?

Describe the place where you usually study. How is the lighting, the temperature, the ventilation? Is the chair uncomfortable or **too** comfortable? Do you (surely not!) study in bed? Most important, what about distractions? Is there a phone nearby? Can you hear a stereo or television? Are family or friends liable to come into your study room at any minute?

HOW WELL DO YOU CONCENTRATE?

Perhaps the deadliest and sneakiest enemy of studying is **inattention**. The next time you sit down to study, clock yourself to see just how much of that time you spend in actual study. Subtract the time spent looking at your fingernails, doodling on your scratch paper, and wondering what TV shows you are missing.

WHAT IS YOUR ATTITUDE?

How do you feel about your studying as you sit down to it? This will probably vary from course to course. Make a note on your record at the beginning of each study period, telling how you feel about the task in front of you. Do you **want** to learn this material, or do you hate the mere thought of it? Do you think you **can** learn it, or are you just going through the motions? Does studying make you anxious?

WHAT IS YOUR METHOD OF STUDY?

Except for intelligence, your **method** of study is probably the major factor in determining your success, in mastering your schoolwork. Carefully describe the way you actually go about studying. Do you organize the task? Do you set a goal (ex.--read ten pages)? Do you take notes, recite main ideas, outline? What do you do with vocabulary words at the end of a lesson? Do you try to memorize time then, or do you wait until the night before the test?