



Effective Study Habits

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[Effective Study Habits](#)

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Studying is a skill that is comprised of several factors:

Time Management

Self-Discipline

Concentration

Memorization

Organization

Effort

Know Your Learning Preferences

Visual Learners

Visualize what you are studying.

Use color in your notes.

Draw pictures and diagrams.

Use mind maps in your notes.

Learn from videos.

Auditory Learners

Listen to recorded assignments.

Read out loud.

Discuss course concepts with classmates.

Participate in class discussions.

Listen to recorded subject material.

Hands-on Learners

Stand up and move around while studying.

Take frequent study breaks.

Write things down while studying.

Use the computer to reinforce learning.

Be physically active and experiment with objects.

Memorize or drill while walking or exercising.

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