

# How to Create Effective Study Habit: 5 Fantastic Steps

Good study habits help you reach your academic goals. They are specific to you and the goal you want to reach.



## 1. Select A Study Habit

- ☐ List activities you can do regularly to reach an academic goal.
- ☐ Think about activities that suit your learning style.
- ☐ Choose the time of day you'll do your habit.

## 2. Define The Study Habit

- ☐ Create 3 parts to your habit:
- ☐ Trigger: something that starts the activity
- ☐ Action: the activity that you do. It's the main part of your habit
- ☐ Reward: a way to treat yourself.

## 3. Repeat It Daily

- ☐ Do it every day at the same time.
- ☐ Some say it takes 28 days to acquire a habit, others 30, 60 or 90 days.
- ☐ Try 30 days and see the progress you make. Don't skip any days!

#### 4. Track Your Study Habit

- ☐ Write notes about your habit in a journal or tracker everyday for 30 days
- ☐ Include columns for the number of days, the date, trigger, action, reward and comments you have.

#### 5. Evaluate The Habit

- ☐ After 30 days assess whether or not the habit is automatic
- ☐ If not continue to do it and track your habit.
- ☐ See if it's effective and helps you reach your academic goal.
- ☐ If it is automatic and effective, keep up the good study habit!

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