



## **CLASSROOM HABITS, DAILY STUDY ROUTINE & STUDY ENVIRONMENT**

The way you conduct yourself during class can play a big role in how successful you will be in that class. Your study routine and the environment in which you study can also impact how effective your study time will be. Below are some tips to help you make the most of your classroom and study time.

### **Classroom Habits**

- Attend every class unless you have a legitimate reason for missing it.
- Be on time for class.
- Connect with another student from whom you can get notes if you must miss a class.
- Sit near the front of the class.
- Take notes and ask for clarification when you need it.
- Record the lecture on a tape recorder if you have difficulty taking notes or just want to review it later.

### **Daily Study Routine**

- Review your notes after each class.
- Rewrite the notes if they do not seem clear to you.
- Make note of questions you need to ask the instructor during the next class.
- Read your text book **before** each class.
- Consider joining a study group or starting one on your own.

#### **Would you like to learn more?**

**When you meet with a Counselor at CPCC, you can examine your study habits more closely. We would welcome the chance to help you make the most of the time you invest in learning. To schedule an appointment, call 704-330-6433.**

### **Study Environment**

- Study during the time of day in which you are the most alert. Ask yourself: “Am I the most productive in the morning, mid-day, or evening?”
- Posture yourself in a way that is most conducive for your learning. Ask yourself: “Do I study most effectively sitting up at a desk? Do I study most effectively comfortably sitting on a couch or on the floor? Do I study best when I am moving, like walking on a treadmill?”
- Adjust the sound in the study environment. Ask yourself: “Do I study better in complete silence, or is a little ‘background noise’ helpful?” Classical music is said to be the most compatible music with studying.
- Avoid rooms with distractions such as computers, televisions, and telephones. It may be helpful to turn off your cell phone.
- Find an area in which you will not be interrupted by others.
- Dress in layers. This will allow you to adjust yourself to the room’s temperature.
- Ensure there is adequate lighting.
- Realize that the best place for you to study may not be in your house. A coffee shop, library, or bookstore may actually be where you find you study most effectively.
- Remember, not everyone studies best in the same type of environment. Create an environment that works best for **YOU!**
- <http://www.ucc.vt.edu/stdysk/studydis.html> Go to this web site to complete a “Study Environment Analysis” to see where you study best.