

Effective study habits worksheet

[Education](#), [Learning](#)



----- University of Phoenix Material Effective Study Habits Worksheet Review Phoenix Career Plan results of Career Plan Building Activity: Work Culture Preference, respond to the following in 50 to 100 words each: Describe your ideal study environment. * * I would describe my ideal study environment up in a confined area away from any distractions. An area where I can focus on my discussion question & responses, as well as the assignments. A location where I can be relaxed & comfortable so I can have the ability to accomplish my assignments in a timely manner. * * * List some of the distractions that might hinder your study progress or your performance in an online classroom. * * The question should be what isn't a distraction. Television, radio, phone calls, children, cooking, eating food, tired or sleepy, visitors. The list goes on. All these are key factors to distraction. Making it nearly impossible to have the ability to stay focused on task at hand. * * * What actions can you take to manage and eliminate distractions? * * The actions that I would take to manage & eliminate distractions are: * Being able to have enough rest so that you are able to attend to your studies & complete your assignments at ease of pressure or out of focus. Making sure that you are in a quiet environment so you have a chance to understand what is required when task is at hand. Also turning off radios & phones so that can't be any distractions when you are trying to finish your required assignments. * * * * How will you apply your personal learning style? How does your personal Learning style affect your study habits? * * I really haven't acquired a specific learning style. What I have done is worked with more than one on an adjustment basis. I have days that I can sit in a quiet environment & learn by what I read. There are other days

that I learn by reading out loud. Then there are days that I learn by applying myself on a hands on tutorial. Either of them works for me. Just depends on what day it is. * * * List 5 effective study strategies from this week that you will use. Explain why you selected them and why they are effective strategies for online learning. * 1) Plan time for studying. Doing this will discourage from procrastination. 2) Predict the amount of time needed to accomplish your assignments. Giving you the chance to work harder & smarter. 3) Every time I'm studying, I'll spend at least 10 minutes reviewing what I have studied. So that I can retain the information better. 4) Study for 30-40 minutes & taking 5 minute breaks. So that I can be able to relax my mind and not feel like my head grew 2 inches bigger by cramming all this information at one time. 5) Do not cram the day before a test. Not giving yourself time to read the materials in a routine basis that covers a few days you will never master the skills of studying & setup for failure. * Identify one change you can make immediately to increase the effectiveness of your study habits. Explain how this will help you become more effective. * * The 1 adjustment I would take immediate action would be to make more time to my studies. I'm having a terrible time trying to fit my time for studies & completing assignments. No matter what I do to adjust I have always come to the conclusion that I end up putting my classwork to the last minute. * If it isn't that they aren't hungry or thirsty. The mess that is left after I do my classwork for the day. * * * * How does your personal learning style relate to your ideal workplace and your personal work competencies? * * Well my personal learning style at the work place is far from my learning style in my learning style I use in my studies. In the workplace everything is based on a

hands on learning style. Everything I do in the work place has to do with following formulas and applying it to the vehicles using manual labor. * * * *

How is understanding your ideal learning environment applicable to selecting your ideal workplace? * * Well I would like to work in a quiet environment where I can be able to use different learning techniques beside hands on. Understanding that it takes focus is one of the key technique I have mastered. Considering you have to have major focus cause any variances can destroy the job I'm trying to accomplish. *