



Students' Scaffolding Series

DEVELOPING EFFECTIVE STUDY HABITS

Pre-session Activity

1. What do you do after coming from school?
2. Do you do your homework everyday?
3. If you miss school/any class, what do you do?
4. Do you follow time table to study?



A Short Story

Let's go through an interesting story
“Chika and his Homework”

<https://www.youtube.com/watch?v=Pb9C0poeDq0>



This is an interesting video where we learn the importance of doing home work

Learning Outcomes

- **How** to improve learning skills
- **Steps** to become a disciplined learner
- **Tips** to study in right manner



Good practices for a Good Study

Being Attentive

Proper planning



Effective Environment

Time management

Let us discuss each of them

Proper Planning

- Create a routine to study
- Include subjects what to study on the basis of difficulty level (Not studying many at one time)
- Keep some slots for joyful activities
- Keep ready the books and materials



MONDAY										
TUESDAY										
WEDNESDAY										
THURSDAY										
FRIDAY										
SATURDAY										
SUNDAY										

Time management

- When to study
 - you should feel good, and not tired
 - Fix a study time for everyday - early mornings are better than late nights



Study Environment at Home

What will you prefer around you are studying – ‘noise’ or ‘peace’?
Shown below are some things which might *help* or *distract* in study.
Identify the distractions.



Repeated Disturbance



Studying at home



Loud Noise



Plenty of Light



Inappropriate Furniture

contd...

While we sit to study at home, we should make sure that...

- There is **plenty** of light around your study area
- There is **no** or **very less** noise around your study area
- There is **cleanliness** on your study table
- There is no **distraction** from friends or family members.
- If you are planning to study on a table and chair, make sure the height of your table and chair are **appropriate as per your height**.



Studying is a skill you must master to move ahead in life.

Being Attentive



Auditory (listening) skill



Visual Skills



reading skill

Listening and watching the story catered to auditory and Visual skills, let us now move on to reading skills.

Reflection: What do you think?

Which of these will help you in staying physically active?

- A. Sleeping well*
- B. eating good food*
- C. Eating a lot*
- D. Not playing*
- E. Think a lot*



How to Develop Concentration

- Exercise everyday
- Play with friends
- Sleep well
- Eat right
- Set your short term and mid term goals
- Work to achieve your set goals



Benefits of Having Good Study Skills

1. We develop confidence on ourselves
2. We are not worried when the exams schedule is announced
3. We can understand and remember the concepts very well
4. We don't feel over burdened during exams
5. We perform well in the school
6. We can make our parents happy



Activity

Task Sheet - Check list				
	Study time (At what time)	Clean environment	Planned before studying	Made notes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				

