

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



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Good practices for a Good Study

Being Attentive

Proper planning



Time management

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Let us discuss each of them

Effective Environment

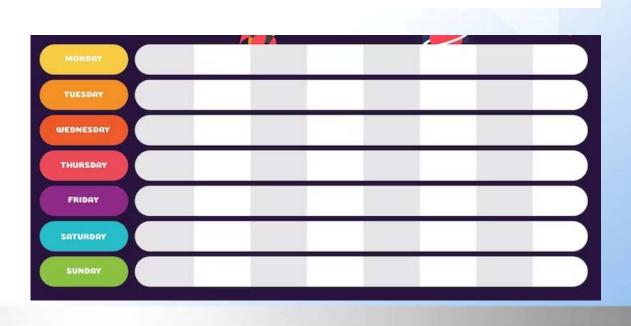
Proper Planning

- 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

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Time management

Good Morning!

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- When to study
 - > you should feel good, and not tired

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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



home



Loud Noise



Inappropriate Furniture



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Plenty of Light

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.

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

Being Attentive



Auditory (listening) skill

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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





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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		n .		
Day 7		Q.4	D 33	-
Day 8				
Day 9		-71	· · · · ·	
Day 10				



