



Students' Scaffolding Series

DEVELOPING EFFECTIVE STUDY HABITS

Pre-session Activity

Let's hear out two stories, of Charan and Alia and then discuss the questions that follow.

Short Story - 1

Once upon a time, there was a young student named Charan who struggled in school. No matter how hard he tried, he just couldn't seem to get good grades. One day, he talked to his teacher about his struggles and his teacher gave him some advice.

The teacher told Charan that good grades are not just about intelligence, but also about having good study skills. She explained that there are some simple strategies that Charan could use to become a more effective student.

Charan took the teacher's advice to heart and started using these study skills every day. To his surprise, he soon noticed a big improvement in his grades. He was now able to complete his assignments more efficiently, and he felt more confident in class.



Short Story - 2

The schedule of Alia's exams has been announced. Her exams will begin after one month. She made a schedule to revise her lessons daily and also formed a group of friends to study. But she kept on postponing to start the preparation.

Though the exams were nearing, she spent time watching movies, cartoons and playing on mobile.

She discussed with her friends about the movies, cartoons she watched and always went out to play. Finally when it was the day of the examination, she became Tensed, worried and started crying.



Learning Outcomes

After this session students will be able to develop good study habits by understanding...

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

“

Successful people are
simply those with
successful habits.

—
BRIAN TRACY

Discussion Questions

- 1. Who do you think will perform well in the school, Alia or Charan?*
- 2. If Alia studied well, like Charan, she would have got good scores. Do you agree?*

What does 'Studying well' mean? Let's explore.

Developing Good Study Skills

Being Attentive

Proper planning



Environment

Healthy habits

Time management

Let us discuss each of them

Proper Planning

- Create a planner for studying
- Plan what to study – Not studying many at one time
- What I should complete first
- Keep ready the books and material



MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									

Time Management

- When to study – you should feel good, and not tired
- Ideally, fix a time when you study regularly
- Early morning studies 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

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)



Visual Skills



Active reading

Listening to Charan and Alia's stories catered to auditory skills, let us now move on to visual and reading skills.

Imagine Mars!

Which of these comes under visualisation?

- 1. Listening music*
- 2. Watching TV*
- 3. Creating pictures in mind by thinking about something*
- 4. None of these*



Active Reading Includes

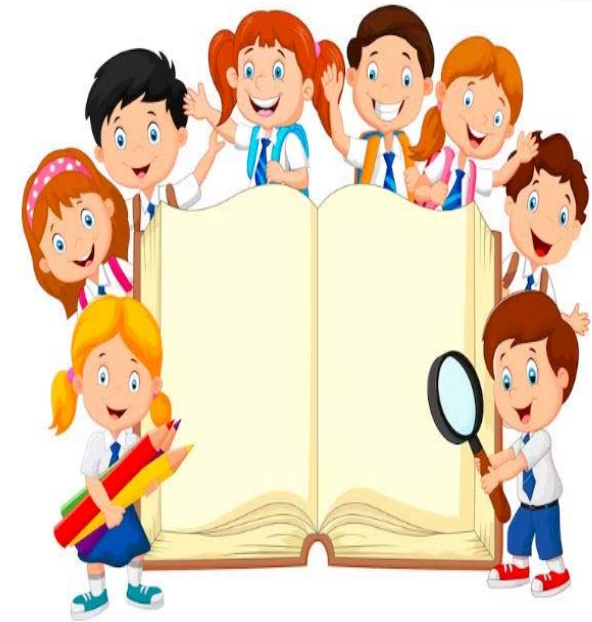
Annotation: Underlining or highlighting - making notes to remember.

Questioning: For example, "Why did the author include this information?" or "What is the main idea of this paragraph?"

Summarising: Try to summarize main ideas and remember them for longer.

Visualising: Create mental images of what is happening in the text.

Connecting: Make connections between what you are reading and your own life



Activity on Active Reading

Single-use plastics (or disposable plastics) are plastic items that are typically used once, then thrown away or recycled. Single-use plastics consist of plastic bags, soda and water bottles, plastic straws and coffee stirrers, in addition to most restaurant food containers and other packaging. By reducing our dependence on single-use plastics, we can greatly reduce the impact these products have on our environment. Check out these facts on single-use plastics.

- 1 million plastic bottles are sold every minute worldwide.
- Pollution from single-use plastics accounts for over 50% of the plastics found in landfills.
- The U.S. is the biggest plastic polluter in the world.
- 40% of all of the plastic we produce is for food and beverage packaging – typically used once and then discarded.
- Nearly 2 million single-use plastic bags are distributed worldwide every minute; out of those less than 1% are recycled.
- 500 million plastic straws are used every day in America.
- 18 billion pounds of plastic waste flow into our oceans from coastal regions every year.

Activity on Active Reading (Contd.)

*Take 5 minutes to answer the questions below.
(Note: Do not take more than 5 minutes.)*

1. What is the passage about?
2. What are the five words if we have to highlight?
3. What are the visuals you get while reading this?
4. What are some points in the passage to relate with us?
5. How many plastic bottles are sold every hour worldwide?
6. 500 million plastic straws are used every day in India (*True or False*).

Self assessment – *Are you able to answer all questions correctly in the given time? (Y/N). If yes, why? If no, why not?*

How to Develop Concentration

- Exercise everyday
- Play with friends
- Sleep well
- Eat right
- Set your short term and mid term goals
- See that you work towards achieving your set goals



Reflection: What do you think?

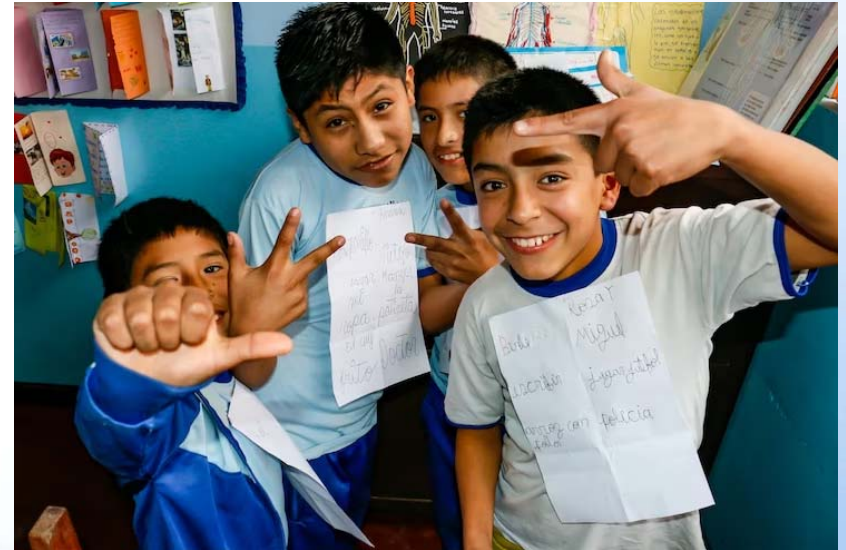
Which of these will help you in staying physically active?

- A. Sleeping well and eating right*
- B. Taking a lot of stress*



Benefits of Having Good Study Skills

1. We need not worry when the exams schedule is announce.
2. We can remember the concepts very well
3. We don't over burden during the exams
4. We perform well in the school
5. We understand the concepts thoroughly



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				

