

Habits for Successful Students

The key to becoming a successful student is about understanding how you work best in order to work toward your goals. But there are certain habits that will help you boost your learning and keep you on track to success. The best part: these habits don't just apply to academic learning, they also apply to your personal and professional success.

Self-Management

Set your schedule. Make a plan for what you're going to do and when you're going to do it. What will you work on when you sit down to study? For how long? Does your schedule change week-to-week? Write it all down in [your SUNY Orange Google calendar](#), including when you'll study and daily to-do lists.

Divide it up. Hot take: studying is not fun! And forcing yourself through study marathons just makes it worse! Divide your work into multiple, manageable chunks (20-50 minutes), and reward yourself with breaks (5-10 minutes).

Find the right study space. Do you study better in a coffeeshop or in the library? On the couch or in a chair? What about these spaces help you study?

Set your goals.
Never lose sight of the bigger picture. This task is important for this bigger project. This bigger project is important for my degree.

Single-task, don't multi-task. Focus on one topic at a time when you study. Take 10 minutes to answer your text messages then put your phone away to study. You can't do both at the same time.

Sleep. Do not underestimate the importance of sleep. You need sleep to keep you sharp and your brain focused.

Take notes. You are the one in control of your learning. [There are many ways to take notes](#) in class, and your notes will empower you to drive your success. Your notes give you the tools to ask questions about what you might have missed, or what wasn't clear to you.

Ask questions. You are in school to learn, so do not be afraid to do just that! Use your instructor's office hours. Send them an email. [Schedule a time to work with a tutor](#). Suggest a study group with your classmates.

Self-Advocacy

Self-Awareness

#SUNYOrange #studentsuccess