

STUDY HABITS

TOWARDS **ACADEMIC** ACHIEVEMENT



INTRODUCTION

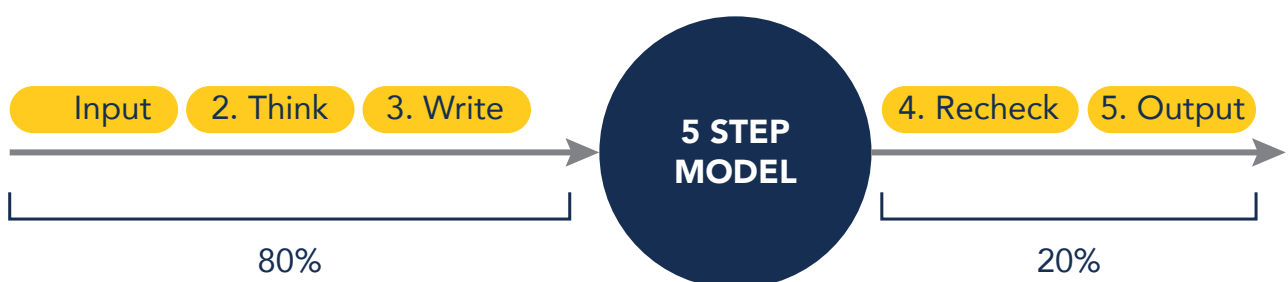
Your success in higher education depends on knowing where you are going and on how you plan for it. Know who you are, what you want and why you want it! Having the right attitude towards your studies is vital. And then make time.

BE A TRANSFORMATIVE STUDENT

Do not just study to acquire knowledge and skills. Be a transformative student – study to be changed by the learning space and content matter that you find yourself in. Therefore, take control of the learning space. Organise yourself and start to grapple with it. Learning is about being confused or even having feelings of discomfort. Push your boundaries. You have an incredible brain that can store up to three million years of information. Get started!

BE A TRANSFORMATIVE STUDENT

The Learning Process



- When you study your emotions come into play.
- It is important to check-in with yourself when you start to study, specifically your attitude and feelings.
- Your brain always builds up double memory, therefore always see how pieces of information connects to the whole and vice versa.

REMINDERS TO BECOME EFFECTIVE IN YOUR STUDY HABITS

Remember:

- 20% of what we **read**
- 30% of what we **hear**
- 40% of what we **see**
- 50% of what we **say**
- 60% of what we **do**
- 90% of what we **see, hear, say and do** (Beekman, 2005:61).

If you are struggling to get started with studying. Use the **five-minute rule**:

- Just sit down for five minutes at your desk.
- Tidy your desk.
- Sharpen your pencils.
- File your notes.
- Read your weekly schedule and quarterly planner.
- Set a goal for yourself for the next hour.
- If you do this, you are likely to get started, 99% of the time.

THE SES STRATEGY: STRATEGY + EXECUTION = SUCCESS

- Make the vision clear!
- Map your direction
- Commit to your actions
- Pace yourself - Sustain it!
- Do not pity self, make excuses or misuse your energy
- Check-in with your mental strength
- Cultivate a systematic approach towards your goals
- Never give up...never surrender
- Level up! You've got this!
- Liberate yourself! Stay committed to your success plan!

WRAP-UP THOUGHTS

- Control your mind!
- An unsettled mind is helpless.
- Indecision makes an unsettled mind.
- Procrastination is the opposite of decision – Decide and then DO!

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