

How to develop good study habits

Developing a study habit requires patience, perseverance and dedication. On top of that, discipline is the key to success. We are easily distracted by our devices or surroundings. However, if you have a disciplined mindset, such distractions will never bother you whatsoever.

Developing a study habit does not happen overnight. You need to set study goals for each session. They don't need to be anything hard or intense. These goals can be time-based like 'I aim to study for half an hour every day', or content-based like 'I need to revise the new concept I have learned towards the end of the week'. Cramming all of your studying time into a few long days is not effective. That's why I make studying a part of my daily routine with or without exams coming up.

The biggest obstacle we face is to overcome distractions to your study plan. It is natural, in my opinion, to wish to be doing something more fun and exciting before hitting the book. To tackle this, I need to discipline myself. After a good study session, I would reward myself with either small treats or an episode of a TV show. While studying, I make sure my phone is away from me. I either put it in another room or ask my mom to hide it away.

It is also important to take breaks, fun breaks might I add, in order to avoid overloading yourself. Regular breaks also keep you motivated for a longer period of time.

If you are having a tough time to get started, then maybe you can start by studying with a friend or in a group. Teamwork is great plus you can cooperate with each other to help understand different topics.

Apart from studying for the exams, reading is also an important part of my study. In the past, my English vocabulary and reading skills were quite weak. My mom noticed it and she insisted that I read one new book a week. At first it was quite annoying. I tried to choose books that interest me. As I went on reading, I slowly picked up the habit to read books. I still to this day have a book with me at all times.

I hope you can start to develop a study habit by setting small goals and to discipline yourself to stay away from all the distractions to your plan. Where there is a will, there is a way.