Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Study Habits Discussion Sheet**

A. Here are 10 questions about study habits that reflect important skills for success in school. Read each one and put a checkmark in the column on the right (almost always, sometimes, or almost never) that best describes your own habits.

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| --- | --- | --- | --- |
| **How Often…** | **ALMOST ALWAYS** | **SOMETIMES** | **ALMOST NEVER** |
| 1. do you complete all of your homework assignments every day? |  |  |  |
| 2. do you study at the same **time** every day? |  |  |  |
| 3. do you study in the same **place** every day? |  |  |  |
| 4. do you turn off the TV, music, cell phone, and things like facebook while you’re doing your homework? |  |  |  |
| 5. do you keep track of homework, test dates, meetings, practices, and activities in a planner or calendar? |  |  |  |
| 6. do you take time to read for fun every day? |  |  |  |
| 7. do you try to summarize your reading in a few sentences?  |  |  |  |
| 8. do you break big assignments into smaller tasks and do a little each day, before the big project is due? |  |  |  |
| 9. do you get between 8 – 10 hours of sleep every night? |  |  |  |
| 10. do you have enough time to do what you need to do for school every day? |  |  |  |

B. Think about your responses in the “Sometimes” and “Almost Never” columns. Are there some changes you can make to your study habits? On the lines below, write down 3 changes you can make. How can these changes help make you a better student?

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3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_