

What Helps Me Study Best at Home?

Sometimes where, when, and how you study makes a big difference. Not every student likes to study the same way. What works best for you when you do your homework?

Put an "X" next to the things that work best for you.

1. When: ___ right after school when I get home
 ___ after school, but after a break
 ___ how long a break do you need? _____
 ___ after dinner
 ___ in the morning
 ___ other _____
2. With: ___ myself only
 ___ someone in the room with me
 ___ a friend
 ___ parent
 ___ tutor
 ___ other _____
3. Where: ___ in my room ___ in the kitchen
 ___ on the floor ___ in the family room
 ___ on the bed ___ in the dining room
 ___ at my desk ___ other _____
4. Conditions: ___ sitting ___ near a lamp
 ___ lying down ___ in bright light
 ___ playing music ___ walking around
 ___ in a quiet area ___ other _____

5. How long before a break?

___ 15 minutes

___ 1 hour

___ 30 minutes

___ finish a certain part of the work (one half, one third, or one section)

6. What helps me stay organized and complete my homework?

___ use an assignment book

___ plan what I do first

___ write down the assignments

___ estimate how long it will take

___ call a friend for assignments

___ put finished work in one place

___ keep an extra book at home

___ color code folders and book covers

___ dictate assignments on a record

___ other _____

7. What helps me learn and remember information?

___ write things down

___ draw a picture

___ use a mind map

___ use flash cards

___ type it into a computer

___ listen to a tape recorder

___ read things out loud

___ talk about the information

___ make or build something

___ use associations; mnemonics

___ use songs or rhymes

___ other _____