

7 Rights

Of the Successful Studier

Create a good study situation by doing these **seven** things **right**.

1

Right Attitude.

Good grades are your responsibility. You own them and no one else does. You can get good grades. You may need to get help, but it is within your control.

2

Right Energy.

Your brain is connected to the rest of your body. To work well, it needs food and sleep. Consider exercising, drinking water, and taking breaks to energize yourself.

3

Right Location.

Find a quiet place where you can spread out all your stuff. Stay away from places where you are tempted to slack off. Have everything you need readily accessible.

4

Right Time.

Set regular times for studying. Pick times when you are most alert and least likely to get distracted. Make it a routine.

5

Right Pace.

Determine how long you will study. Stretch yourself, but break down your study times into doable chunks. Build in breaks to catch some fresh air and recharge.

6

Right Sequence.

Prioritize your work. First, do whatever is due today or tomorrow. Second, look ahead and chip away at upcoming assignments and tests. Don't put them off—do a little bit at a time.

7

Right Response.

You have the right to say no: NO to incoming texts, NO to a party, NO to family and friends asking favors, and NO to the temptations of social media. Don't be afraid to say no. It's OK.