

CSCI 210

Fall 2023

Week 1

Study Habits

Study Habits

- Prioritize
- Limit to one task at a time
- Find a quiet space, no distracting music
- Clear your workspace
- Close your browser tabs
- Turn phone off

Study Habits

- Find a larger goal
- Calm the amygdala
- Set a goal for the next hour
- Use a timer, divide the hour
- Schedule a break

Study Habits

- Read before the lecture
- Ask questions
- Ask for definitions of terms
- Ask why