

8-5-1999

Forming Good Study Habits Early is a Key to College Survival, says UD Official

Follow this and additional works at: https://ecommons.udayton.edu/news_rls

Recommended Citation

"Forming Good Study Habits Early is a Key to College Survival, says UD Official" (1999). *News Releases*. 8546.
https://ecommons.udayton.edu/news_rls/8546

This News Article is brought to you for free and open access by the Marketing and Communications at eCommons. It has been accepted for inclusion in News Releases by an authorized administrator of eCommons. For more information, please contact frice1@udayton.edu, mschlange1@udayton.edu.

**FORMING GOOD STUDY HABITS EARLY IS A
KEY TO COLLEGE SURVIVAL, SAYS UD OFFICIAL**

DAYTON, Ohio — Freshmen who “hit the ground running” with their homework are more likely to be fitted for a cap and gown four years later than those who come to campus with no time-management plan, says Molly Schaller, an instructor in counselor education at the University of Dayton.

“Students who don’t keep up with assignments, even the small ones, find themselves lost by mid-terms — and unable to keep pace with their classes,” says Schaller, former director of educational and special programs in student development at the University. “It becomes a game of ‘catch up’ and many never do.”

The move from high school to campus brings new freedom to a young adult’s life, says Schaller, but with that independence comes new responsibility. “You no longer have Mom and Dad or your high school teachers to watch over you. You are now watching over you. Your first goal is to survive academically.”

Schaller offers these tips for forming good study habits:

- Two for one. A good rule of thumb is that you should study two hours outside the class for every hour you spend in class. “Students who are successful tell me that this rule works well for them.”
- Study the same subjects at the same times each day. Just as you say to yourself, “It’s six o’clock, time for dinner,” you will also be saying, “Now it’s seven o’clock, time to study biology.”
- Be realistic in your goals. “It’s better to work five problems a night the week before an assignment is due than to try to do all 20 the night before.”
- Reward yourself. “Plan something enjoyable after each study session,” Schaller says. “Watch your favorite TV show, call to a friend or do anything else that will act as a reward for your diligent efforts.”
- Break up your study. If you plan to study four hours a night, study two subjects in that time. In other words, study English for two hours, then psychology for two hours.
- Wind down before bed. Don’t study until 11:30 p.m., close your books, hop into bed and expect to sleep. Your brain will still be racing with what you just read. Take a half

Office of Public Relations

300 College Park Dayton, Ohio 45469-1679 (937) 229-3241 Fax: (937) 229-3063

<http://www.udayton.edu>

hour to relax and do something enjoyable before trying to sleep.

Schaller says some first-year students take advantage of study groups as they offer academic and social benefits. "Study groups can be an interactive process, which aids in learning," she says, "but you have to be careful that they don't just become social outings."

- 30 -

For media interviews, contact **Molly Schaller** at (937) 229-3677 or via e-mail at schaller@udayton.edu.