



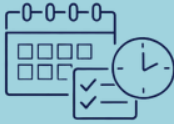


# How Students Learn Best

Simple habits that build confidence, clarity, and responsibility over time.

Effective study habits are built before, during, and after learning.

1. Before Learning Begins	2. During Learning	3. After Learning
<p><b>Prepare with intention.</b></p> <ul style="list-style-type: none"> <li>◆ Preview key material before class</li> <li>◆ Write down questions in advance</li> <li>◆ Put ideas into your own words, not copied phrases</li> </ul> 	<p><b>Engage, don't just listen.</b></p> <ul style="list-style-type: none"> <li>◆ Take clear, organized notes</li> <li>◆ Ask questions when something isn't clear</li> <li>◆ Add insights from discussion to your notes</li> </ul> 	<p><b>Make sense of what you learned.</b></p> <ul style="list-style-type: none"> <li>◆ Create a simple study guide</li> <li>◆ Condense ideas into your own language</li> <li>◆ Turn notes into summaries, diagrams, or examples</li> </ul> 
4. Review with Purpose		5. Prepare with a Plan
<p><b>Revisit regularly, not all at once.</b></p> <ul style="list-style-type: none"> <li>◆ Short daily review beats last-minute cramming</li> <li>◆ Quiz yourself to check understanding</li> <li>◆ Make review active and engaging</li> </ul> 		<p><b>Learning improves with structure.</b></p> <ul style="list-style-type: none"> <li>◆ Decide what, when, and how you'll study</li> <li>◆ Put study time on a calendar</li> <li>◆ Follow through on the plan you made</li> </ul> 

Learning sticks when students take ownership of the process.



Help students build habits that last.

Learn more at [Growingleaders.com](http://Growingleaders.com)