

Study Habit Checklist for University Students

This checklist is designed to help you develop effective study habits and succeed academically. Tick off each habit as you practice it daily or weekly. Consistency leads to improvement!

- Create and stick to a study schedule.
- Prioritize tasks using a to-do list or planner.
- Use effective note-taking methods (Cornell, mind mapping, outlining).
- Study in a quiet, organized, and distraction-free environment.
- Practice active learning: ask questions, teach others, and self-test.
- Break down large tasks into smaller, manageable goals.
- Review lecture notes daily (15–30 minutes after class).
- Use study apps and technology wisely (e.g., Quizlet, Notion, Anki).
- Get 7–8 hours of sleep every night.
- Eat healthy meals and stay hydrated.
- Exercise regularly to boost focus and energy.
- Join or form study groups for collaborative learning.
- Prepare for exams in advance using past questions.
- Avoid procrastination and last-minute cramming.
- Take breaks to avoid burnout and maintain productivity.