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STUDY SKILLS GUIDE

GRADES 4 - 6

- * Preparing to Study
- * Where to Study
- * How to Study

1. PREPARING TO STUDY

The first thing you should do is to find the best place in which to study. A place where you will be studying at day after day. Most importantly, have a regular time for studying. Make sure you have the following :-

- Your assignment notebook
- Solid flat surface for writing
- Good lighting
- Chair (comfortable, but not too comfortable)
- Books
- Supplies
- Clock
- Eliminate all distractions
- Computer (optional)
- Wear your glasses (if required to do so)
- Good health

Assignment Notebook :

- Make sure you copy down all homework assignments off the board as soon as possible and in neat handwriting.
- Listen carefully to what the teacher says and know exactly what you are supposed to do.

Flat Surface to Write On :

- Keep your desk neat and clean.
- Nothing other than your books, pencils and notebooks should be kept on your desk.
- Do not use your desk as a place to eat at.

Chair :

Use a regular chair that is comfortable and the right size for you.

Supplies :

- Pencils, sharpeners, pens, correction pens, ruler, paper clips, paper, scissors and coloring pencils.
- All supplies should be kept in a handy place such as in a shoe box or in a plastic container.

Good Lighting :

Not too bright, not too dim

Books :

Have all your necessary school books and any other reference books such as dictionaries, encyclopedias, etc. ready.

Clock :

Keep a clock somewhere where you can see it.
It will help you in managing your time.

Computer (optional) :

Use your computer to do your assignments and to organize your work.

Eye glasses :

If you are supposed to wear glasses, please do so.
This will help you in getting the most out of your studying without straining and tiring your eyes.

Good Health :

- Get a good night's sleep. Usually eight to ten hours of rest is recommended.
- Train yourself to go to bed at a set time every night.
- Eat three good meals a day. Drink plenty of fluids.
- Your body needs energy to help you study well.
- Exercise daily.
- Don't go late to bed. 8:30 – 9:00 is a perfect time, or right after Isha prayer.

2. WHERE TO STUDY

Appropriate Environment :

- Your goal is to be comfortable, but not too comfortable.
- Choose a quiet room, a room with the least amount of distractions.
- Make sure the room temperature is relatively cool, since a warm room will most likely put you to sleep.
- Remember, you will be studying there day after day, so keep your study area clean, neat and tidy.

3. HOW TO STUDY

Your classroom is the place to learn, participate in class discussions. Always ask for clarification if you don't understand the teacher. Don't be shy.

Good Habits in Class :

- From day one, form a good habit, concentrate and listen carefully to your teacher.
- Pay attention to what your teacher writes on the board.
- Do not daydream.
- Take the correct books and notebooks to class.
- Keep your school supplies at hand.
- Ask questions from your teacher if you are not sure about something.
- If asked to do homework or any other class assignment make sure you understand what to do and when the assignment is due.
- Immediately write down all homework in your agenda.

BE ACTIVE LEARNER



STUDY TIPS FOR HOME

- Set a certain time to study and adhere to your schedule.
- Do not try to study on an empty stomach or too full stomach.
- Do your Wodhu and pray before start studying
- Sit up straight in your chair.
- Take out your books and recap or go over the day's lessons.
- Study for thirty to forty-five minutes at a time, then take a short break.
- Carefully read the directions given for your homework.
- Complete your homework while the lessons are still fresh in your mind.
- Make sure your homework is written in good handwriting.

Following these tips will surely help you in your studies. Remember, “ It is never too late or too early to start good studying habits ”.