

Name: _____

Date: _____

WRITING WORKSHEET

Our Study Habits!

1- Write about their study habits:

LUCAS



I study in the morning because I feel fresh. I use flashcards to remember information and I take breaks every 30 minutes. I study in a quiet room and drink water while I work. I don't use my phone because it distracts me. I usually study for two hours and then I relax. But sometimes I watch TV while I study, and that is not a good habit. I also don't sleep early, and I feel tired the next day.

I study in the evening after school. I make summaries and I practice active recall to remember the main ideas. I don't listen to loud music, but sometimes I play soft music. I never use my phone when I study, because it's not helpful. I usually study for three hours, but I don't take breaks and I know that is bad. I also eat snacks when I study, and sometimes I feel sleepy.

TARA



LUCAS

TARA