



**LAKELAND HIGH SCHOOL  
NINTH GRADE ACADEMY  
GUIDANCE PROGRAM**

**HOW I STUDY BEST?**

Some students say they must have an I-Pod or TV playing in order to study while others say they need silence. Some like to sprawl out in the middle of books and papers and have snacks in order to study while others need an organized room. Some say they study well with friends while others want to be alone to study. What works for you?

1. Does background noise help or interfere with my ability to study?

2. Do I study best in low or high lighting?

3. Do I prefer studying sitting upright in a chair or lying down on the couch?

4. Do I need to have a strong interest to learn the material I have to study?

5. How long can I work at an assignment before giving up?

6. Can I take responsibility for my own studying or do I need someone to help me study?

7. Do I have a regular schedule or time that I study?

8. Do I study best with peers, alone, in a pair, in a team or with an adult?

9. How do I learn best—by seeing things, listening to things, by doing or by reading?

10. Do I need to eat or drink, or be slightly hungry while studying?

11. What time of day do I prefer to study?

12. How much room do I need to move around during study time?