

## Study Skills Workshops: How to Set Goals

Exercise 1: (source: <http://www.siue.edu/SPIN/activity.html> )

Rank the following study behaviors from most important to least important. Write an action plan describing how you would accomplish the top 10 from your list. Give attention to attitudinal and behavioral actions.

1. Improve Time Management
2. Improve Self-Concept
3. Control Interferences
4. Improve Classroom Listening Skills
5. Improve Reading Comprehension
6. Study Regularly
7. Study in a Quiet Place
8. Use Sources of Help
9. Learn and Use University Rules and Regulations
10. Learn to Balance Obligations
11. Keep Commitments
12. Plan Assignments in Advance
13. Use an Effective Note Taking System
14. Review at Least 3 Times Weekly
15. Take Lecture and Textbook Notes
16. Be Consistent
17. Say No Often
18. Learn to be an Independent Thinker
19. Participate Actively in Class
20. Reduce Nervous Tension During Test
21. Use an Effective Reading System

Top 10 Study Behaviors and Action Steps:

Study Behavior	Action Steps
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	





