



# Strengthening Study Habits

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*Students Will Be Able To*

- 1. Generate a list of proven study methods*
  - 2. Identify key methods they'd like to work into their study patterns*
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## Materials

A projector; [Study Less, Study Smart](#) condensed video.

## Introduction

Students' academic backgrounds are varied, and they bring different strengths to their academic work in high school classes. This session gives students a chance to think about new strategies for learning—and retaining—concepts taught in class.

## Marty who?

Marty Lobdell taught psychology and study skills at Pierce College in Washington State for 40 years. Lobdell eventually captured the essence of how to study both effectively and efficiently in what would be an hour-long lecture. This lecture's highlights were later condensed into a 6-minute video by Thomas Frank.

## Activity – “Study Less, Study Smart”

Show [the video](#) to your students, and ask them to take notes on its main points. [Run time is 6:41.] Since the video is relatively short (and clips along at a fast pace), you might show it to students a second time as they flesh out their notes.

Once students have built a list of tips from the video, have them identify 2 tips that they'd like to try incorporating into their study routine.

