

# STUDENT SUCCESS SKILL SHEET

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## How to Create a Habit



### WHY

In order to be a successful student, you will need to create good habits. **Structure, routine, and organization** are all key traits to practice.

### HOW

Habits can be created in **3 easy steps**:

1

#### Start Small

Try out the habit you want to create! For example, if you want to allow more time for studying, study for **15-30 minutes** each day for a week. This will help avoid cramming and procrastination, and it's an achievable goal!

2

#### Follow the Routine

**Don't give up** on the routine! For instance, you would want to implement that studying routine for the entire semester (don't abandon it after one exam!).

3

#### Reward Yourself!

After putting in the work, reward yourself! This may be time with friends, social media, television, etc. Just make sure to **avoid distractions** when there are assignments to get done.

**REMEMBER!**

On average, it takes **2 months** to form a habit. The results may not be immediate! The key is to remain patient and persistent.