



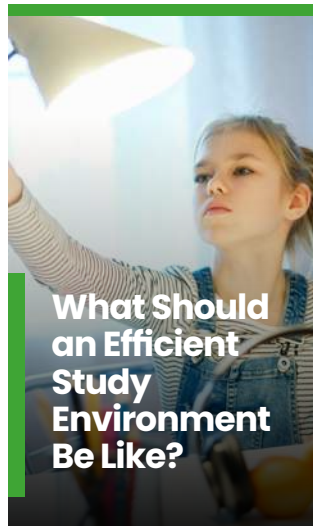
İSTEK OKULLARI

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Hello,

As the İSTEK Schools Psychological Counseling and Guidance Department feels the energy of autumn, we're reaching out to you with our new newsletter. This month, we're focusing on a key topic that will make our students' academic journeys more enjoyable and productive: "developing study habits and studying effectively." We believe that studying isn't just a necessity; it's a journey of self-discovery, a step-by-step approach to your goals. In this newsletter, we'll share tips that will make your daily life easier and support long-term success.

Happy reading!





DEVELOPING STUDY HABITS AND WORKING EFFICIENTLY

Gaining study habits, managing time effectively and learning efficient study methods are the cornerstones of academic success.

Our students' academic success and life preparation are directly related to the study habits they develop at home. Developing good habits is what truly makes the difference. What successful students have in common is that they cultivated regular and productive study habits from an early age.

Middle school is a time when students enter adolescence and increase their academic responsibilities. Developing regular habits during this period directly impacts not only academic success but also their mental and physical development. Routines instill confidence, reduce anxiety, and foster a sense of responsibility.

At this point, we would like to share with you the ways to help our students develop study habits and support productive study.

1. Why Are Study Habits Important?

Study habits enable students to succeed not only in school but in every aspect of life. Planning fosters a sense of responsibility, teaches goal

setting, and empowers them to cope with challenges. Individuals who learn to manage their time effectively become more patient and disciplined both academically and socially.

2. Working Environment and Order

The environment in which a student studies has a greater impact on productivity than we might expect.

So, what should the working environment be like?

- The desk should be simple, tidy, and contain only course materials.
- Distracting elements (phone, television, tablet) should not be accessible during class hours.
- A quiet and properly lit environment makes it easier to focus.
- Studying in the same place constantly helps the brain get the message that "now is the time to learn."

3. Program Preparation and Time Management

Creating daily and weekly study plans reduces students' anxiety about "Where and when will I start?" Making these plans routine contributes to both academic success and psychological adjustment.

Establishing routines in small and sustainable steps will provide the student with strong self-discipline.

- The schedule should include both study and rest time.
- Studies should be done in short and productive intervals. (30–40 minutes of class, 5–10 minutes of break)
- In addition to academic studies, it is necessary to include sports, hobbies and unstructured family time.
- It's important to ensure students sleep and wake up at similar times each day. Regular sleep is essential for learning and memory.
- Clear boundaries should be set for screen use. Looking at screens, especially right before bed, not only makes it harder to fall asleep but also reduces sleep quality and leads to mental fatigue.

The routine shouldn't be a rigid chain of rules. Sometimes the program can go wrong, which is valuable in teaching students how to "compensate."

Preparing the program together can make the individual feel more responsible and reduce the feeling of obligation.

4. Productive Working Techniques

- Having the student explain the material they're studying to you or a friend helps them reinforce their knowledge. However, if they're explaining it to you, you should practice accompanying their process rather than interrupting and correcting them.
- Focusing on questions where mistakes were made makes learning permanent.

- Dividing the topics into parts is a more sustainable method.
- In order for the information learned to be permanent, regular daily and weekly repetition should be done.
- Underlining important points, summarizing, and taking notes in the student's own words make the information permanent.



- To turn knowledge into practice, repeating the topic and solving questions on the topic are the most effective ways to learn.
- Colorful notes can be prepared for what is learned and these notes can be supported with diagrams and drawings.

5. Setting Clear and Measurable Goals

Telling students to “study” is an abstract statement. Instead, setting clear goals is much more beneficial.

- “I will solve 20 questions from mathematics today.”
- “I will read 3 pages from the social studies book.”
- When students complete operant goals like “I will review five of the English word cards,” they experience the satisfaction of completing the task. You can encourage students to review briefly after study sessions with questions like, “What was the most interesting thing you learned today?” or “Can you give me an example of what you learned?”

6. Appreciate Effort

Motivation to study can be boosted by recognizing their efforts. Positive feedback like, “You completed your assignments without waiting for me to remind you, that was great,” helps students see the process as important, not just the outcome.

7. Healthy Nutrition

Children’s ability to study effectively is also closely linked to their physical and mental health. Healthy nutrition is one of the most important factors supporting the learning process. Headaches, fatigue, and decreased concentration are common in children who don’t drink enough water. Keeping water readily available at the table, especially during study hours, is a simple but effective habit.

Hunger can lead to distractions during long study hours. Instead of packaged and processed foods, snacks like fruits, vegetables, and nuts are

very practical. This can help students feel more energized.

8. Long-Term Gains

An individual who acquires regular study habits:

- It becomes easier to manage exam stress,
- Self-confidence increases and belief in success is strengthened,
- Self-discipline improves.

Let’s not forget that building habits is a process. This process develops over time with patience, regular monitoring, and family support. This support, patience, and understanding will be the most important guides in a student’s academic and personal development.

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