

On the MOVE

SOME STUDY HABITS TO STUDY

Looking to polish your study skills after a three-month layoff? Some good basic tips are provided by Louise and Doug Colligan in their 1979 book, *The A+ Guide to Good Grades*:

Study in a spot that's comfortable for you. This could be a desk, the floor, your bed or an easy chair. It could be at home, the library or elsewhere. "It's not worth getting hung up on where you study, as long as the arrangement works for you. When and how you study is far more important than where," the book says.

Don't procrastinate. The book suggests such motivational tools as studying in small blocks of time; setting a reward for completing a task; and forcing yourself to at least look at the material. "The longer you wait to confront a job, the tougher it will seem to get in your mind."

Pace yourself, and try to study pretty much at the same time and in the same place every day. "Regular daily studying in even doses is more effective than last-minute, anxious cramming."

Don't let television run your life. "Circle all the programs you want to watch for the week, then don't watch anything you haven't circled."

Learn how to hang up the phone. "Next to television, the telephone offers more distractions per minute than any other modern invention. Your history teacher probably won't consider a two-hour phone call an acceptable substitute for a completed assignment."

Allot yourself a proper amount of study time so you can fully digest the material and still have time for other activities. "Some students get everything done in an hour and a half of concentrated study, while others spend three hours of fiddling around and still don't complete all the work they have. Try studying at different times of day to see when your concentration is best. Then adjust your work schedule accordingly."

Story By Mike Latona

Photos by Greg Francis

On the outside, Melanie Neth is rarin' up for another nine months of school work. In recent days, she has eagerly shopped for new book bags and the like as she prepares for her senior year at Our Lady of Mercy High School.

"I love buying school supplies. They're in my room, all ready to go," said Melanie, 17, a parishioner at St. Agnes Church in Avon.

But when it comes time to actually open her textbooks, Melanie admitted, she expects her enthusiasm to wane quickly.

"To tell you the truth, I hate homework — I hate it," Melanie declared. "Right now I'm in denial: 'It's my senior year and I'm not going to study. I just want to have fun.' But I know I'm going to study like crazy."

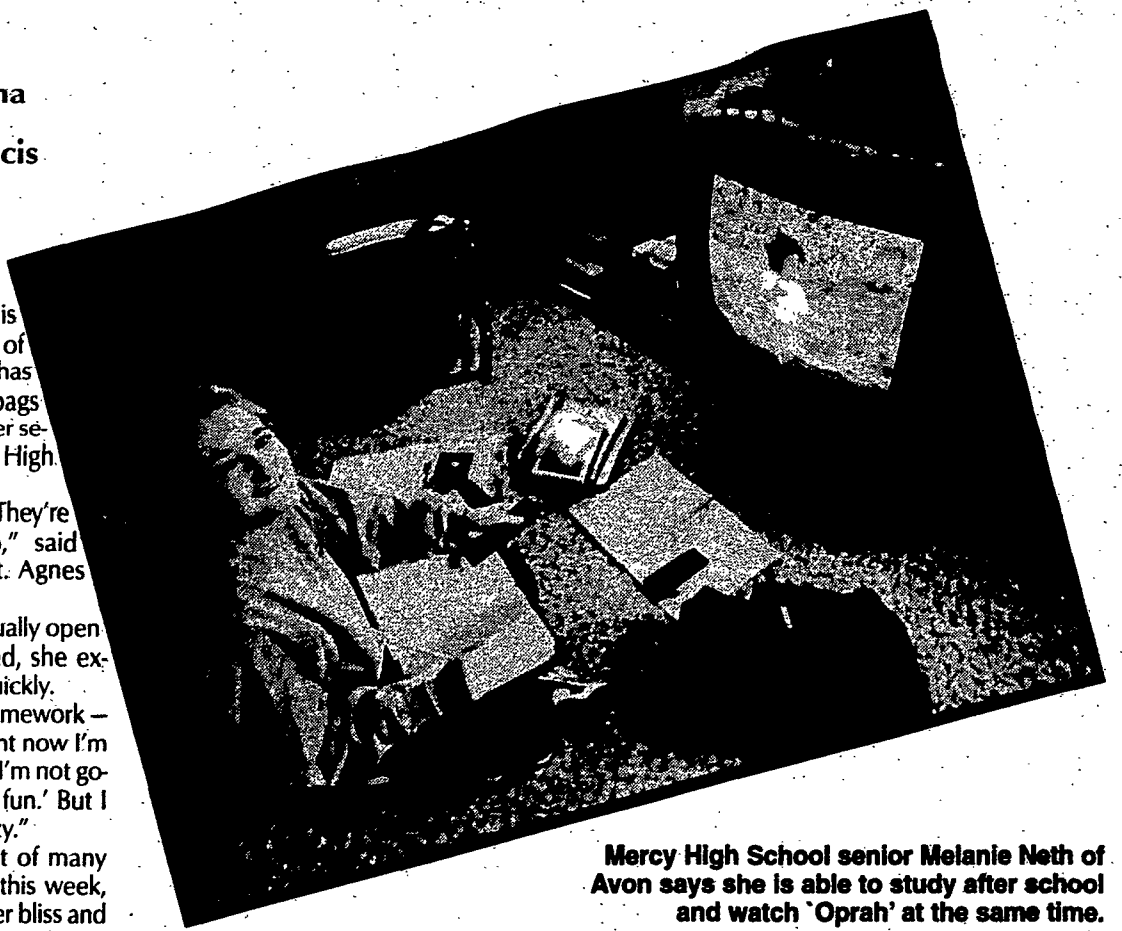
Melanie shares the sentiment of many diocesan teens who, beginning this week, will try to snap out of their summer bliss and again face the reality of textbooks and term papers.

"The way I view school is, that's my job just like my parents have their 9-to-5 job. And I should do it to the best of my ability," Melanie said.

And, like any job, studying requires a substantial time commitment and solid self-discipline. Jenny Oster, for one, said she can use some refinement in those areas — especially when a long-term school project is involved.

"I usually put it off. I don't let my parents know about it until the week before it's due, so they don't bother me about it, basically," she said with a laugh. Jenny, who belongs to Greece's Our Mother of Sorrows Church, is beginning her senior year at Greece Arcadia High School.

Melanie, on the other hand, is zealous about her homework — maybe



Mercy High School senior Melanie Neth of Avon says she is able to study after school and watch 'Oprah' at the same time.

TIME TO HIT THE BOOKS AGAIN



Greece Arcadia Senior and Mother of Sorrows Youth Group participant Jenny Oster often studies at the Paddy Hill library near her Greece home.

even a bit overzealous. She said she studies almost constantly from 4 to 10 p.m. most weekdays, and refrains from extracurricular activities because of her homework load.

"I'm in AP and honors courses — and let me tell you, they put us through the wringer," Melanie explained. "My parents say, 'Melanie, you should take a break.' I'm into that perfectionism."

Jared Unterborn also prefers to sail into studying as soon as he gets home from school.

"I have other things going on at night, and I found out that if I don't do it right away, then it's hard to come back to later," said Jared, 17, from St. Elizabeth Ann Seton Church in Hamlin. He's entering his senior year at Hilton High School.

Jared said he studies both at home and during school study hall, and he also

squeezes in some study time before his varsity volleyball matches by sitting in the bleachers away from teammates.

"You can seclude yourself there," he said. "(But) I've given up trying to study on the bus."

Jared said he's able to study smoothly while playing music. Television is another story, however.

"That doesn't really work for me. I get really focused on what's on the TV," Jared said.

On the other hand, studying and daytime talk shows are an agreeable mix for Melanie.

"During 'Oprah' I sit in front of the TV on the floor, with my books spread out,"

Melanie said. "I'm one of those people who can do six things at once."

When faced with serious studying, Jenny prefers to get right out of the house and drive to a public library.

"I find it a lot easier to concentrate in the library. It sets an environment that kind of forces you to study. At home, you can drift," Jenny said.

When she does study at home, Jenny said, she is not allowed to use the phone during her study time. And Melanie said she only talks to her friends during study hours if the conversation concerns homework.

"All my friends are in the same boat as me, so I wouldn't call them if I knew it was taking away from their study time," Melanie said.

With college due to start next year, Jenny and Melanie acknowledged that study habits are important for them to address because their environments are about to change.

"It'll definitely be harder, because you'll have a lot more opportunities to go out," Jenny said.

Melanie said it's important not to wait until college to practice good self-discipline with her studying.

"I'm so focused on the future. If I don't work hard now, I won't in college, either," Melanie remarked.

COMING NEXT WEEK:

Cliques