

# habits of effective students

adapted from Stephen Covey's *The 7 Habits of Highly Effective People*

Sanger Learning & Career Center



DIVISION OF STUDENT AFFAIRS

## 1 Be proactive

You always have the freedom to choose! Rather than reacting automatically to a situation, take a moment to decide how you want to respond. Realizing what you're in control of and focusing on those things can empower you.

## 2 Put your big rocks first

It's okay to say no sometimes in order to focus on your highest priorities. What matters most to you? Tackle those things first. You'll manage your time better and feel more fulfilled at the end of the day.

## 3 Begin with the end in mind

Start each day, task, or project with a clear vision of the end result. You might realize that what you're striving for is a bit unrealistic or maybe too easy to accomplish. Setting SMART goals can help guide you in this process.

## 4 Become a groupie

Get more involved in groups. Everyone stands to benefit when people bring different experiences and expertise to the table. If a group is hard to find, a partner will do just fine. This applies not only to academics, but also to organizations and extra-curricular activities.

## 5 Find a balance

To stay happy and healthy, it's important to balance various areas of your life. Whether it's joining an intramural soccer team, seeing a concert with friends, visiting Barton Springs, or making a biology study group, all students have their own ways of getting physical, social, spiritual, and mental fulfillment. Finding an equilibrium among all your interests can be hard, but it will keep you from burning out.