

7. You will learn nothing from books as valuable to you as your eyes. Have enough light, avoid cross lights, flickering lights, and direct sunlight on your book. If you need glasses don't let false economy, much less false pride, keep you from wearing them. Comfortable eyes will make you feel better all over.

8. Avoid internal distractions, too. Common sense in eating, drinking, smoking, amusements, and sleep will increase your efficiency and will make teachers, lessons, and all your surroundings seem more friendly to your success.

9. Keep your temper. You can't study when you are boiling over about something, nor when you are worried and ashamed because you have lost your temper before others.

STUDY PROCEDURE

10. Do you know, clearly, what the assignment is? Some students seem uncertain half the time. Write it down when given; ask the teacher after class; find out some way.

11. Recall what the last lesson covered. What has been the general theme of the last several lessons? How does the new assignment fit into it? Have you the previous work of the semester clearly in mind? Probably a few minutes of every study period should be spent in systematic review.

12. What is the new assignment about? Glance through it and see: What main problem or problems will it help to answer? Can you guess what the answer will be? We learn when we are seeking the solution of a definite problem: --we find when we know what we are looking for.

13. Find the idea of the assignment as a whole. One big idea is easier to remember than twenty little ones, and much more valuable. Perhaps the assignment is intended simply to modify or clarify another idea. Sometimes it will contain two or three distinct ideas, rarely more. This does not mean to ignore details, rather that they are easier to learn as parts of a larger idea.

14. Understanding is better than memorizing; parrot-like repetition is not learning at all. When memorizing is necessary, it is far easier when we understand the reasons behind what we learn. Memorize through understanding, not instead of understanding. There are rules and reasons underlying even the seeming vagaries of irregular verbs.

15. Notice the chapter titles, subheads, marginal guide-titles, etc. They help you to get the general idea at the first and to organize your thinking as you go.

16. The importance of illustrations is frequently out of all proportion to their size. Read the legends beneath them; be sure you understand what you see. Some students seem to ignore them entirely.

17. Master the vocabulary of the subject. When a word of uncertain or unknown meaning occurs look it up. If there is a glossary in your textbook spend a few minutes a week with it until you have mastered it. Familiarity with the terminology of the subject is not only a great help in study, but is of immense value in helping to make a creditable showing on examinations.

18. Some technique of outlining, underlining, (if the book is your own,) or of writing summaries, is almost indispensable. Even meager notes on your reading will help to fix the points in mind at the time they are made.