

Good Study Habits

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English Composition II
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When questioned about goals for college, most young adults will indicate that receiving good grades is one of their top priorities. The realities of poor academic success, disappointing grade point averages, and nationwide incompetency in basic math and reading skills, however, makes it evident that there exists a gap between what students say they want and what they actually achieve. One must ask the question, how can students fulfill their dream of succeeding academically in college?

Educational research has long focused on the importance of studying, but only a few studies have focused on study techniques not related to actual information mastery. One researcher noted that "individuals who maintain healthy study habits have remarkably decreased test anxiety and increased test scores."

Several elements of good study techniques are frequently overlooked, namely, eating,

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Bibliography

- "Bibliography" at the top in the center
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Bibliography

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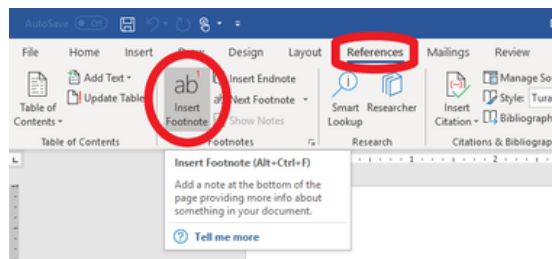
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Johnson, Mario. "The Effects of Sleep-Deprivation on Learning." *American Journal of Educational Research* 23, no. 2 (2013): 23-32.

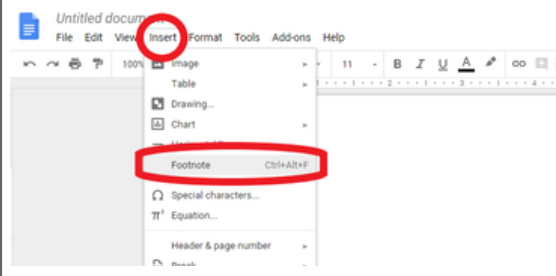
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existing wording (e.g., "First Heading") with the student's new heading. Use as many headings as needed. Double-space all of the text with the exception noted by Turabian:

Single-space a block quotation, and leave a blank line before and after it. Do not add quotation marks at the beginning or end, but preserve any quotation marks in the original. Indent the entire quotation as far as you indent the first line of a paragraph. (In literary studies and other fields concerned with close analysis of texts, you should indent the first line of a block quotation further than the rest of the quotation if the text is indented in the original.)²

In addition to block quotations, any table titles or figure captions are single-spaced, and notes and bibliographic citations are single-spaced within each citation, but a blank line is placed