**Home Study Habits Worksheet Two**

**SWOT Analysis**

Analysing your ***strengths*** and ***weaknesses*** is the first step to improving your study habits. Once you have done that you can take action to turn your weaknesses into strengths. This ***SWOT Analysis*** is an effective tool that will help you do that.

**STRENGTHS WEAKNESSES OPPORTUNITIES THREATS**

This is usually done using a grid like this:

|  |  |
| --- | --- |
| **STRENGTHS**  **Example: I finish my assignments ahead of time.** | **WEAKNESSES**  **Example: I get distracted easily by the TV or video games** |
| **OPPORTUNITIES**  **Example: Study group, special tuition to help with my hard subjects** | **THREATS**  **Example: Too many distractions to your study time.** |

After you have done the ***Home Study Quiz*** you will have identified your study strengths and weaknesses. Put them directly into the boxes above.

Next you need to think about the ***opportunities*** you have that can help you become a better learner. What are **ACTIONS** you could take?

****Now think about what the ***threats*** are to you making the necessary changes to your habits. This process can help you become aware of **WHAT** you need to learn, **HOW** you might learn it and what might **GET IN THE WAY** of your learning. You can then decide on how to best approach the problem.Perhaps use one of the ***Goal Setting*** sheets in the ***iDo Module*** to help you.