



# Education

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## Hammonton High School's study habits for success

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Studying. It's a task every student becomes very familiar with over their academic careers.

As mundane and frustrating as it can be, studying is essential for students to succeed at all levels and good study habits can put students in position to do well on assignments and tests.

Before a student can start worrying about their study habits, though, Hammonton High School teacher Stacy Gerst believes they have to realize it all starts with paying attention in the classroom.

"I kind of wish that they (students) would realize the connection between staying connected in class and paying attention in class. It's really something that helps you majorly when you are actually trying to study for a test," Gerst said.

While students are in the classroom, they are mostly being taught information in the same way as their fellow students sitting next to them. When they get home their differences in studying habits start to become visible.

One habit that has become increasingly popular over the last few decades is listening to music while studying. The type of music a student listens to can vary based on the assignment at-hand.

"It all depends on the assignment. If I'm doing something that doesn't require me to fully focus, it [music] will have lyrics and then fully focused is classical," said senior Angel DiGianivittorio.

Science teacher Kristen Silvesti didn't listen to music when she was a student, but also couldn't focus with complete silence.

"I would put on TV that I didn't need to pay attention to; that way I still had some kind of noise. Because if it was completely silent, I would get really distracted," Silvesti said.

Like all studying habits, listening to music or white-noise isn't for everybody. Some students work best with complete silence.

"I need total silence when I study, but I know that some people do good with music so if it helps you with remembering things then sure, music's fine. But if it's a distraction, then clearly I don't think music is the best thing," said health and physical education teacher, Rose Staas.

One study habit that has remained a constant over the years is the use of flash cards. Using flash cards and practicing repetition is a great way for students to memorize content and prepare for different types of quizzes and tests.

While it's less common for students to handwrite flashcards nowadays, the practice of using flash cards is still popular. Websites like Quizlet have digitalized the process and kept it relevant with today's youth.

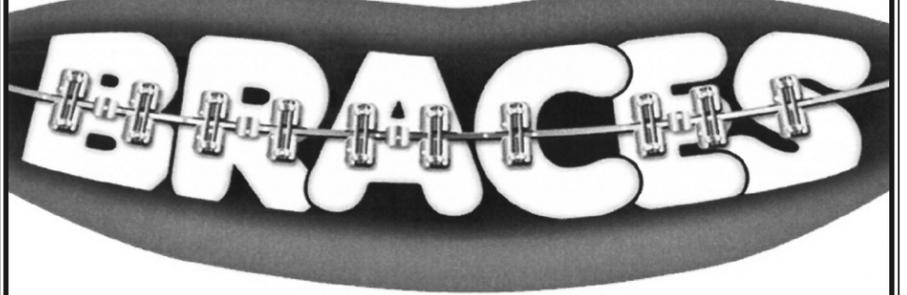
"I usually just make flashcards on Quizlet and then do that until I memorize everything ... I've been doing this for a long time. I

usually just do repetition and flashcards. That's my way of studying," said senior Ava Chiofalo.

Studying can be stressful for students, especially when there are multiple tests for different subjects that students need to prepare for. When it comes to the stress of being a student and having to study for more tests and quizzes than you can count, giving your best effort is all you can do.

"Prepare to the best of your ability because that stress is always there. And believe it or not, as much as stress of tests all the time and multiple things, you have just as much stuff in real life so it kind of correlates," Staas said. "You have to learn how to multitask and prioritize what's the most important and kind of trickle that way down because those obstacles are always going to be there."

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