Studying is a mixture of "skill and will". It requires the application of methods for comprehending the material, but it also requires will: to exert effort, to persist, to seek out and often transform information.

According to a study, students with higher academic achievement scored higher at seven skills:
1. Time management and procrastination
2. Concentration and memory
3. Study aids and note-taking
4. Test strategies and test anxiety
5. Organizing and processing information
6. Motivation and attitude
7. Reading and selecting the main idea
(Klassen, Krawchuk & Rajani, 2008)