Here's some tips for modeling.

1: Extrude off an existing edge rather than simply making a bunch of objects and placing them on top of eachother. Unless it's meant to be a separate item like a clip, it should all be one object. To extrude, hold shift and click an edge then drag it.

2: Weld. To weld, line up two or more vertexes (The dot thingies), and find the welding option, and hit weld. The numbers there are how close together the "dots" have to be in order for it to weld. I reccomend 0.001, as it'd then have to be RIGHT next to eachother.

3: When starting off with a plane, don't make it more than 1x1 segments. A plane should be a flat object. If it's flat, then it should be no more than 1x1 poly's. If you need more poly's, extrude off an existing plane.

4: Do NOT plop objects on top of eachother! It's a terrible waste of polygons, and you hardly get what you should.