

# Ready, Set, Study



As a general rule, prepare about 2 hours outside of class each week for every hour you spend in class. So, if you are taking 12 units, prepare to study 24 hours each week outside the classroom.

**CHUNK YOUR TIME.** Studying an hour everyday for 5 days will help you learn better than studying 5 hours the day before an exam. Remember to take a 10-15 minute break after about 45-50 minutes of studying.

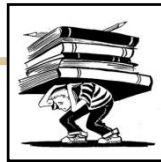
**Are you still feeling completely overwhelmed? Not sure which way to go? Use these simple steps to get you started on your next *successful* study session!**

## Find the Perfect Place



- Study in an environment that works for you
- Easily distracted? Don't study in the library under the stairs! Find an individual study room or an isolated corner with your back towards open spaces.

## Don't Avoid the Unavoidable. Study the Hardest Subjects First!



- Study the harder or least favorite material first, when you are most alert and have the time.
- Putting off the most difficult subjects only

## Use Publisher Resources



- Many textbooks have websites that have study guides, interactive tools, and chapter reviews online.

## Say "Good-bye!" to your phone, TV, mp3 player, e-mail, IM, roommates, siblings, social networking sites ...

- Turn off your cell phone (and other distracting technology - networking websites, e-mail).
- Post a note on your door "Studying. Do not disturb. Check back in 45 minutes."
- Check voicemail and return emails on your study breaks.



## Review Old Tests



- Check with students who previously took the course for old study guides or exams
- This is a good way to find out the instructor's testing style and areas of emphasis.



## Get Ready, Get Set, Study!

- With these tips, don't get stuck at the red light. Get ready, get set, study!