

## MAKE THE MOST OF YOUR STUDY TIME



### Plan It

- 1 Set realistic study goals
- 2 Study during your alert times
- 3 Find a regular place and time to study



### Be Specific

- 1 Don't just "study"
- 2 Have a study goal (Complete math problems 1-10)



### Chunk It

- 1 45-50 minutes of UNdistracted studying (avoid Youtube, internet, cellphones)
- 2 2-3 hours studying maximum
- 3 6 days/week



### All in a Day - Within 24 Hours

- 1 Pre-exposure (10-15 minutes before class)
- 2 Exposure (lecture)
- 3 Re-exposure (study time)



### Trade Time, Don't Steal It

- 1 When the unexpected happens during your scheduled "study" time, make up the study time you missed later in the week



### Add It Up

- 1 Plan 2 hours of study for every hour spent in class (12 units = 12 hours in class which = 24 hours of studying outside of class) each week
- 2 Science or math classes? Plan 3 hours for every hour spent in class

## RECOMMENDED APPS



Strides: Goal Tracker



Habit: Daily Tracker



Todoist: To do list and tasks

*\*Reference with Weekly Study Schedule toolkit*