

READY, SET, STUDY

Figuring out how to study outside of class can be difficult. At Fresno State, we recommend students to study 2 hours outside of class for every hour spent in class each week. So, if you are taking 12 units, prepare to study 24 hours each week outside the classroom. Of course, planning this can be overwhelming so remember to **CHUNK YOUR TIME**. Studying an hour every day 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!



Schedule Study Time

- Specifically plan when, where, and how you're going to study.
- Set specific goals to accomplish during your study time.

Say "Good-bye!" to your phone, TV, e-mail, 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.

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.



Use Publisher Resources

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

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 causes more stress.

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.

RECOMMENDED APPS

Fresno State Research Database



Todoist



Google Calendar

