

Planning Your Study Time

Here are some of general tips to assist you when planning out your study time:

- Set up a study schedule.
 - Put specific study times into your schedule and determine study tasks for each time block (i.e. homework, reading, reviewing, test prep., etc.).
 - Study in short spurts (an hour or less) and take breaks, rather than studying straight through for several hours.
- Review material effectively and often throughout the semester.
 - Use active reading and reviewing methods:
 - SQ4R
 - Review notes purposefully
 - Try to form and/join study groups
- Constantly test yourself.
 - Conduct mini reviews 10 minutes a day for each class.
 - Seeing, hearing, or interacting with the class material often will help you remember it.
- Be a proactive learner
 - Aim for understanding the material, not just memorizing
 - Connect with your instructor, TA and peers

To help you determine the most appropriate study plan for you, use the table on the next page.



Course and Number of Units	How much time will you need to <i>Read</i> per week? <hr/> Examples: <i>Assigned Text, Journal Articles, Articles in Canvas</i>	How much time will you need to complete the <i>Assignments</i> per week? <hr/> Examples: <i>Writing assignments, watching videos, creating projects, problem-solving and/or research assignments</i>	How much time will you need to <i>Review</i> per week? <hr/> Examples: <i>Annotating your notes, creating self-quizzes, attending a study group</i>	Total Study Time (add across)
Total Study Time (add down)				

After this list is complete, go back to the already established study rules recommendations worksheet and see how close your schedule match.

