

Plan it!

- Realistic & alert times
- Regular place, regular time

Be specific

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

Chunk it!

- 45 - 50 minutes of UNdistracted studying (avoid Internet, cell phone, distracting places)
- 2-3 hours maximum
- 6 days/week

All in a Day - Within 24 hours

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

Trade time, don't steal it!

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

Add it up!

- Always plan 2 hours of studying for every hour you spend in class (12 units = 12 hours in class = 24 hours of studying outside of class) *each week*
- Science classes? Plan for 3 hours for every hour spent in class