

## *You've Got to Take the Time to Make the Grade*

Transitioning to a university can be difficult, especially when it comes to figuring out how to study outside of class. At Fresno State, we recommend students study 2 hours outside of class for each hour spent in class each week – the 2:1 study expectation. This means that if a student is enrolled in 12 units, they should expect to put in about 24 hours each week studying independently outside of class. Of course, planning this can be overwhelming.

Here are some simple tips to get started on the right track:



### Schedule Study Time

To maximize your study time, you should specifically plan when and how you are going to study on your own, using the 2:1 guideline.

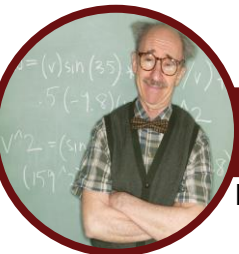
- Set specific goals to accomplish during your study time.
- Try to study in the same place.
- Chunk your time, don't cram! Block off times in 45-50 minute increments with a 15 minute break. If preparing for an exam, add an additional 15 minutes each day for 5- 10 days beforehand.



### Manage Your Time

Whether you use a paper planner or an electronic calendar, it's essential to manage your time well.

- Include exam and assignment dates, as well as what chapters or materials you are covering each week for each course.
- Work backwards from due dates to give yourself plenty of time to complete assignments and prepare for exams.



### Use Your Resources!

Make the most of the resources on campus to maximize your learning.

- Ask your instructors for help – they should be your first line of defense when you're struggling with course material or just have questions about class.
- Utilize tutoring, labs, and study groups on campus. If you can't find one that fits, collaborate with other students in class to create your own study group!



### Know Your Learning Style

Knowing your preferred learning style can help you adapt to different teaching and learning situations, and help you to learn more effectively.