

Twenty-One Ways To Get the Most Out of Study Time



AESC
Academic Enrichment
& Support Center

When to Study

1. Plan two hours study time for every hour you spend in class.
2. Study difficult (or boring) subjects first.
3. Avoid scheduling marathon study sessions.
4. Be aware of your best time of day.
5. Use waiting time.

Where to Study

6. Use a regular study area.
7. Don't get too comfortable.
8. Use a library or campus study room.

How to Handle the Rest of the World

9. Pay attention to your attention.
10. Agree with living mates about study time.
11. Avoid noise distractions.
12. Notice how others misuse your time.
13. Get off the phone. Turn off instant messaging and silence your phone. Use black screen application to avoid web and social media intrusions.
14. Learn to say no.
15. Hang a "DO NOT DISTURB" sign on your door.

Things You Can Ask Yourself When You Get Stuck

16. Ask: What is one task I can accomplish toward my goal?
17. Ask: Am I being too hard on myself?
18. Ask: How important is this?
19. Ask: How did I just waste time?
20. Ask: Would I pay myself for what I'm doing right now?
21. Ask: Can I do just one more thing?