

HITTING *THE* BOOKS

Between going to class and studying, being a full-time college student is a lot of work. A good rule to follow is to spend two hours of study time for every hour you spend in class per week. For instance, for a course that's two hours per week, plan for four hours of studying or working on assignments.

WHY STUDY?

In most college classes, the majority of your grade is determined by a handful of exams and assignments. Class participation and some homework may not count. It's up to you to study regularly and consistently so you're prepared for those exams.

WHEN TO STUDY?

Make a daily schedule and commit to it. A well-planned weekly routine will help you make the most of your time outside of class. The schedule shown is just one example of how you might balance class time with work and study time.

WHERE TO STUDY?

College campuses offer many quiet study spaces. If you don't want to study in your room, go to the campus library or an empty classroom. Many residence centers, academic departments and other campus buildings have common study areas. Pick a place that's free from distractions.

Also, silence your cell phone and set it aside during study time. Smartphones, tablets and other devices not being used for assignments can be the worst distractions of all.

	MON.	TUES.	WED.	THUR.	FRI.	WEEKEND
8 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Sleep in
9 AM	Biology 101	Work	Biology 101	Work	Biology 101	Breakfast
10 AM	Exercise		Exercise		Study	Intramurals
11 AM	Eng Comp 101	1st-Year Seminar	Eng Comp 101	1st-Year Seminar	Eng Comp 101	Work
NOON	Lunch		Lunch		Lunch	
1 PM	Study	Lunch	Study	Lunch	Study	
2 PM	Work	Sociology 101		Sociology 101	Work	Lunch
3 PM		Study				Study
4 PM	Peer Mentoring	Study	Dinner	Study	Study	Study
5 PM						
6 PM	Study	Study	Western Civilizations	Study	Fun!	
7 PM			Movie night!			Fun!
8 PM						
9 PM						Fun!