



KEYS TO COLLEGE SUCCESS

STUDY STRATEGIES

Time Management

- **LEARN TO SAY NO!**
 1. Saying no to partying, movies, etc. does not make you a terrible person.
- **DO NOT STUDY FOR MORE THAN 2 HOURS AT A TIME.** Your brain really does shut down and any studying you do after that point is just a waste of time.
- **USE TRAVEL TIME TO STUDY.** Pop a study or lecture tape into your car's cassette player; put on those earphones if you ride the train or carpool. If you use a Laundromat, listen to study tapes while your clothes spin and dry.
- **TRY TO STUDY DURING DAYLIGHT HOURS.** Natural light really is more conducive to learning.
- **USE TWO SCHEDULES**
 1. Create an hour-by-hour weekly schedule. Using your class schedule as a guide, block out specific times each day for study and all other activity; *Rule of Thumb: one and a half hours of study for each hour of class*
 2. Create a semester schedule showing midterms, finals, due dates, and other important events. Weekly review both schedules and allow more time as needed: *A good schedule keeps you from wandering off course.*
- **PRIORITIZE:** Daily list what you need to study, prioritize & set times for each item, and stick to it.
- **USE THE 30-3-2-SCHEDULE**
 1. **STUDY FOR 30 MINUTES;**
 2. Take a 3- **minute break** let the break be a time to think about other things;
 3. Upon returning take an extra **2 minutes** to mentally **review** what you have just read and do a quick preview of what is coming up next

Study—Break—Review—Preview—Study

~~ Quick Study ~~