

Structured Studying

(adapted from Dr. John Kerbs' Structure Study Guide):

Fill in the "Structured Study Schedule." Begin with inflexible time requirements then follow with flexible time requirements. Include all of the following as well as any other items that may be in your schedule.

- C = Class
- W = Work
- Sl = Sleep
- F = Food
- St = Study
- P = Play
- T = Travel

Note: Adequate sleep and food is necessary for good health and keeping your brain functioning! Remember to include the extras in life in your schedule (e.g. religious activities, sports, etc.) You need to plan on "play time" to have a life outside of classes.

Tips for Productive Studying – Many of these tips were based on memory and brain research.

- Study at the same place each day
 - Example: 5th floor of Strozier Library at the same table each day. (Memory studies show learning is "state" and "context" dependent.)
- Do NOT study where there are distractions. In particular, do not
 - Sit at a table with bad lighting, distracting noises, etc.
 - Sit near a t.v.
- Study for 90 minutes and take 10 minute breaks
- Structure your study schedule so that it runs with 2 or more complete 90 minute study periods.
- Avoid dehydration.
- Avoid hunger (and junk food) – granola bars, bananas, raisins, power bars, etc are good snacks.
- If you break for a meal between study sessions keep it to 30 minutes. Breaks are best kept to 10 minutes, but you have to take a *complete* break from studying during breaks.
- Avoid passive studying. When reading notes take your own notes, summarize, group topics into meaningful categories, write down questions about your reading, and work exercises provided in notes.
- Spread your weekly study time for each course so that you will study for each course at least 3 days each week outside of class.
- Study with other people and work through exercises with other people, but your initial reading and intensive studying should be done alone.

STRUCTURED STUDY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am – 7am							
7am – 8am							
8am – 9am							
9am – 10am							
10am – 11am							
11am – 12pm							
12pm – 1pm							
1pm – 2pm							
2pm – 3pm							
3pm – 4pm							
4pm – 5pm							
5pm – 6pm							
6pm – 7pm							
7pm – 8pm							
8pm – 9pm							
9pm – 10pm							
10pm – 11pm							
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3am – 4am							
4am – 5am							
5am – 6am							