

# Studying Effectively

## 1. Treat college like a full-time job.

- You may only be in class for 15 hours a week, but another 25 hours (4-5 hours each day) should be spent outside of class studying, reading, and preparing for class.  
 $15 + 25 = 40$  hours/week.
- Schedule your study time and keep to it. In the first few weeks of class you may not have as much to do, but develop your study time habit and stick with it.
- Unlike a full-time job, you have control over when you schedule your courses and study time. You don't have to "work" an 8-5, but schedule your time when you are most alert and at your mental peak.

## 2. Look at the whole chapter before you start reading, chances are it's more than you think it may be. Time yourself on each of your textbooks to find how much you can read in 10 minutes. This will help you estimate how long it will take you to complete your reading.

## 3. Make a Reading/Studying Schedule

- Add up the number of pages you need to read in the next week (you will need your syllabus) and divide that number by 5 (5 days out of the week).

Example:

Political Science	Chapters 2-3	65pgs
Algebra	Chapter 5 Do 15 practice problems	27pgs
Psychology	Chapter 4	39pgs
English	Chapter 6	90pgs
Biology	Chapters 8-11 Mastering Biology homework	29pgs
		250pgs

a pretty intimidating number

- 250 pages a week is pretty average for most students – and pretty intimidating. But by dividing the pages over five days you can see that each day, you would only need to read:

POLS	13 pages
MATH	6 pages
PSYC	8 pages
ENGL	18 pages
LIFE	6 pages

→ which is a breakdown much less intimidating and much more manageable.

- Don't fall behind! If you fall behind one week and have another 250 pages of reading next week, you can see how the work will snowball quickly.