

Study Schedule

Name _____

Semester _____

	<i>MON</i>	<i>TUES</i>	<i>WED</i>	<i>THURS</i>	<i>FRI</i>	<i>SAT</i>	<i>SUN</i>
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Directions for Study Schedule Sheet

1. Write class abbreviations in proper time slots.
2. Write in other activities that you cannot/will not change such as work, transportation, organizations, family time, meals, church, etc.
3. Write in specific class study time (study Bio.) using as many of the following time management suggestions as possible.

Time Management Suggestions

1. Study the same subject at the same time daily.
2. Allow two hours per semester hour.
3. Allow time to study a subject as soon as possible after that class (15-30 minutes).
4. Study more difficult subjects first.
5. If possible, study at your best time – peak period of concentration.
6. Study similar subject several hours apart.
7. Allow review time before class.
8. Include short, ten minute breaks after each hour.
9. Include one hour breaks after two hours of study.
10. Distribute study time over the week.
11. Allow for leisure “free” time daily.