

TEN TIPS FOR TIME MANAGEMENT!

1

Make class time your best study time.

- Come prepared
 - no time to read the whole assignment - at least survey it
 - review notes from previous class
- Listen attentively
 - paraphrase what the professor says in your own words

3

Make a weekly schedule.

- Once per semester, make a schedule of your week of all classes, work and extracurricular activities, housekeeping duties, sleeping and eating, and blank spaces to fit in necessary activities as they come up
- Schedule study time at a ratio of two hours of study per hour of class.

5

Make a semester calendar.

- Wall or desk calendar for major exams, due dates and meetings
- Pocket calendar - reminder of classes, appointments, meetings, errands

7

Concentrate on one thing at a time.

- Be active in what you are doing at the time
- Plan and take study breaks, study 30-40 minutes with 5-10 minute breaks

9

Set deadlines and reward yourself.

Make a daily list.

- Prioritize your items
 - keep it short (5-6 items, both academic and personal)
 - set small, specific goals (i.e. read 5 pages from Psychology chapter)

2

Use your daylight hours.

- Stay on campus
 - find a quiet place to study
 - ease yourself into material by prereading first
- Set up blocks of time for studying
- Use time in between classes
 - review notes right before class
 - review notes right after class
 - memorize important terms (notecards)
 - make a list

4

Don't procrastinate.

- Don't let questions about material accumulate
- Instead of trying to get it perfect - just do it

6

Use your weekly schedule. Learn to say "NO."

8

Be realistic in your expectations of yourself.

10