

Study Strategies Resources

Back on Track



Schedule Your Lectures, Discussions, Labs, Office Hours, Study Groups, and Tutoring Appointments. Designate **specific** hours in the week for study time, reading, writing, and review. Utilize hour blocks in between classes effectively! Monitor blocks in the day for meals, adequate sleep, commute time, errands, social and extracurricular activities.

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 – 7 AM							
7 – 8 AM							
8 – 9 AM							
9 – 10 AM							
10 – 11 AM							
11 – 12 noon							
12 – 1 PM							
1 – 2 PM							
2 – 3 PM							
3 – 4 PM							
4 – 5 PM							
5 – 6 PM							
6 – 7 PM							
7 – 8 PM							
8 – 9 PM							
9 – 10 PM							
10 – 11 PM							

Notes: _____

