Creating a Life/Study Schedule

Start by taking a blank schedule or calendar and identify the time commitments that don’t change like classes, work hours and meetings. Then work in study times using the following suggestions:

- **Fill in flexible time** for studying, exercise, social time, student group meetings, errands/chores, etc., based on the priority that they have in your life.
- **Build in two hours of study time for each hour of class time** which is the UNH study guideline.
- **Think about being a student as a 9 to 5 job** and try using daylight hours for classes and study. It’s easier to stay on campus and study between classes than to go back out in the evening.
- **Create regular study times** for each week so that you get into the pattern of activity.
- **Combine activities** like working out with friends (social + exercise) or reading while doing laundry (study + errands/chores).
- **Save up all your errands for one time** during the week so they take less time.
- **Leave some unscheduled time each day** so that you’ll have time for things that come up unexpectedly.
- **Consider studying the same subject at the same time each week** or vary activities if it helps with concentration and follow through.
- **Schedule definite study times** and optional ones depending on your work load.
- **Think about your body clock** and schedule the hardest studying during when you concentrate best.
- **Work in short time blocks and take breaks**. Ideally study for 50 minutes and take a 10 minute break. If your concentration span is shorter, start with what works for you. In the 10 minute breaks, do the things that would distract you during studying, like checking facebook.
- **Use small blocks of time between classes to review class notes**. Reviewing after each class significantly increases retention of material over time. After 24 hours, you forget nearly 50% of what you learned if you don’t review the material. See the chart below (derived from Ebbinghaus’ curve of retention).