The Importance of Scheduling Study Time

I. SELF-ANALYSIS

Have you ever felt any of the following?

Yes___ No___ 1. You don’t get as much studying done as you feel you should have. You try to go through the motions of studying, but you don’t accomplish as much as you should.

Yes___ No___ 2. You have several subjects to study, but because you don’t know which to do first, you end up getting nothing done.

Yes___ No___ 3. You know that you need to study, but there are other things that need to be done, too.

Yes___ No___ 4. You have been given a long-term assignment, but because it’s not due soon, you put off getting started. Then a week before it’s due, panic strikes.

Yes___ No___ 5. You know that the key to good study habits is to “stay on top of things,” but you never seem to get there.

Yes___ No___ 6. You have set aside a large block of time to study, but because it seems so long, you’re confused about where to begin.

Yes___ No___ 7. You have a short amount of time and feel that it’s not enough time to start anything, so you end up doing nothing.

Yes___ No___ 8. You’ve heard that having a set routine helps one accomplish more, but you’ve never been able to establish your own.

Yes___ No___ 9. You feel you are the type of person that cannot stick to a schedule.

Yes___ No___ 10. A study schedule sounds good, but it’s just not practical for you.

“Yes” answers indicate that you could benefit from a carefully planned study schedule.

II. VALUE OF A SCHEDULE

1. Keeps you from wondering what to do next.
2. Keeps you from studying more than you really need to.
3. Insures that you study each subject at the best possible time.
4. Makes time for everything you want to do.
5. Breaks down study time into bite-sized chunks and makes for more effective study time. Research shows that more learning is accomplished when the study period is a short intense length of time, approximately an hour.
6. Gives you the feeling of being organized.
7. Gives you a reason to say “no” to outside temptations.