

# STUDY SESSION

## PLACE

- Somewhere quiet, with good lighting, & few distractions.
- DO NOT study at lunch or on the school bus. How much studying are you really getting done anyway?
- Put all of the stuff you need in your study place **before** you begin, like textbooks, notebooks, pencils, paper, etc.

## BREAK

Take a 10 minute break for every 50 minutes of study time.

## Celebrate

\*Reward yourself on your 10 minute breaks with a favorite snack, a short phone call, listening to a favorite song, or a brief walk outside.

## TIME

- Be awake, relaxed, & NOT hungry!
- Review your notes at the end of each day at a rate of 10 minutes of review for every hour of new notes you took.  
**Reason:** Research has shown that you are likely to forget 50%-80% of new material if you do not review it within 24 hours.

## Time Out

Take a mini time out when you are studying and try to remember what you have just reviewed.

## Do's & Don'ts

- Do study with an acquaintance instead of your best friend and get more done in 1/2 the time.
- Don't cram! Plan your study time. Review notes at the end of every week for 2-4 minutes of every hour of new material.
- Do stay organized. Spend time studying, not trying to find what you are supposed to study!

