

# Hints for Becoming a Successful Student

## Improve Your Productivity: Study Smarter not Harder

- Study in Short Bursts of 30 to 90 minute blocks, with a 15 minute break. Do 4-5 blocks with a short break then take a long break.
- Plan your study sessions: what will you accomplish in the next study session?
- Motivate yourself with fun breaks: "I will finish this problem in 30 minutes and then go to the house coffee hour."
- Manage Procrastination by doing a little bit at a time. Feeling overwhelmed by work is the number one reason for procrastination!
- Plan to study between 18 and 22 hours per week in typical weeks (depending on the subject material and your learning style. Some material may require more time and some of us learn at a different rate: adjust this time according to your needs.)
- Study Consistently: 3 hours per day, broken into 45-90 minute study sessions, is more productive and efficient than a 15 hour binge on the weekend.
- Work on High Priority Tasks First!

## Maintain Motivation

- The academic year is a marathon, not a sprint. Take time to take care of yourself so that you have the energy for all three quarters. Plan weekly relaxation, exercise, social activities or a fun event to look forward to to use as a reward for successful completion goals.
- You cannot pour from an empty cup: you must take time to rest, recharge, and recuperate in order to maintain motivation for the full ten weeks of the quarter.
- Keep a positive attitude: For example, plan to improve over the year rather than hoping to start out as a star student. Or, if you score lower than you would have like on an exam, pat yourself on the back for working hard and remember that you will improve over time.
- Don't spend valuable energy scolding yourself over past efforts. Get organized now and focus on your current efforts.