

Are you Scheduling your Study Time Effectively? Click Here to Learn How to Maximize Study Time

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Scheduling time to study can be problematic for students.

Students often procrastinate as a result of a poorly maintained studying schedule.

But, simply setting aside time isn't enough to solve the problem. The amount of time that you set a side and the time you do your studying can play important roles.

Throughout this article, we will learn how to **create, maintain, and implement a study schedule** that works well for your lifestyle.

1) Write down your schedule somewhere visible, such as a whiteboard, desk agenda, computer, or smartphone scheduler.

Having something concrete to view will prevent you from forgetting when to study. Furthermore, the act of physically recording information (your schedule), will help to imprint this knowledge in your mind. Avoid simply “remembering” your study schedule, as this can lead to procrastination or missed study sessions.

2) Ensure that your schedule is realistic and considers other commitments that you have, such as work, sports, or extracurricular clubs.

This is especially important with athletes, as most people are not motivated to study after physical exertion. Scheduling a study session in between tight windows is not optimal; most people need at least 20 to 30 minutes to become “immersed” in the information.

3) Break down your schedule into daily checklists ✓ and mark items off ☒ to visualize your progress.

It’s difficult to figure out where to start if your study schedule simply says, “study math”. Write down specific topics and examples, and record/mark off your progress.

4) Vary your study activity and study subjects and move on to a different topic if you become frustrated or distracted.

Your mind can only handle a limited volume of one topic inside of a study session; discovering the number of topics that you can handle is key, as it is different for every student.

5) Make sure you schedule in breaks throughout your studying session.

There is nothing worse than studying for 8 hours straight and retaining none of the information. Your brain is not equipped to work for long periods of time, give it some time to recover.

Remaining accountable on your study schedule can be difficult, or sometimes impossible, without external motivation.

[Meeting with a tutor allows you to spend your study time doing effective, practical examples.](#)

[For more information on how a one on one tutoring session works, click here.](#)

We look forward to hearing from you!

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