"STAY ALIVE AT 55!"

Are you finding yourself not doing as well on your exams as you thought you would? Ask yourself: How many hours are you studying?

- How many hours each day?
- How many days each week: Every day? Five days?

For example, when a student who is carrying 14 credits tells me s/he is studying 3 hours a day, 5 days a week (or about 15 hours per week), I realize the student not studying enough, despite how it concentrated it might feel!

Students need to plan for about 2 hours of preparation for every credit hour carried; and "preparation" includes: reading and highlighting texts, re-writing notes, solving (and re-solving) homework problems, working with a tutor, making flashcards, etc. Our hypothetical student, for example, should be studying 28 hours per week... or 4 hours a day, 7 days a week!

Further, when a student adds class time + preparation time + part-time job/extracurriculars/other experiences etc., the total should be 55 hours or fewer.

But 14 class hours + 28 prep hours + 20 hours at a part-time job = 62 hours... and unrealistic expectations.

The average CEO, for example, only works 55 hours a week! Most students want to do well, so they go to class; and they need the money, so they go to work. Where they fall short is in the preparation time.

Insufficient preparation leads to a bad exam score and the beginning of a downhill spiral.

"STAY ALIVE AT 55!" gives you a concrete equation, and allows you to find an appropriate balance between class, study, and job-time. To learn the study skills/tutorial resources you need to be successful, and to build a weekly planner to "map" out your time, go HERE.

Hopefully you'll see improved results with this new approach!