Access
Study Skills Tip of the Week

Avoid Marathon Study Sessions

Why?

When possible, study in short sessions. Short study sessions are far more productive for most people than one nine-hour session. In a nine or ten hour study marathon, the percentage of time actually spent on task can be depressingly small. With ten hours of study time ahead of you, the temptation is to procrastinate and do small, busy-work jobs instead of getting down to the real job. In a nine-hour sitting, you might spend only six or seven hours really studying, whereas three shorter sessions will yield much more productive time.

Try putting yourself on a 30-5 schedule. Study for thirty minutes and take a five minute break. Then go back for another thirty minutes and so on. By giving your brain a chance to rest, you will find that when you return you are able to focus much better.

If you must study in a large block of time, work on several subjects and avoid studying similar or the same subject consecutively. For example, if you plan to study sociology, psychology, and computer science, sandwich the computer science between psychology and sociology.

Be sure that your environment is conducive to studying for you. Some students need absolute quiet, others like background music or “white noise.” You need to be comfortable, but not too comfortable. Turn off your cell phone and eliminate all distractions.

For more information see:
ACCESS A+ Program
100 Williston Hall (815) 753-1126
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