

Getting the most out of NOW



WHEN TO STUDY

- Study two hours for every hour in class
- Study difficult subjects first
- Use times of peak energy
- Use waiting time

WHERE TO STUDY

- Study where you'll be the most alert
- Use a regular study area
- Use the library

WAYS TO HANDLE THE REST OF THE WORLD

- Get off the cell phone, facebook, twitter, etc.
- Agree with roommates about study time
- Learn to say no
- Avoid noise distractions
- Notice how other people misuse your time
- Call ahead

THINGS TO ASK YOURSELF IF YOU GET STUCK

- Am I balancing short-term and long term planning?
- Would I pay myself for what I'm doing right now?
- Can I do just one more thing?
- Am I allowing flexibility in my schedule?
- How did I just waste time?
- Could I find the time if I really wanted to?
- Am I willing to promise it?

Adapted from: Becoming a Master Student – Dave Ellis 11th edition



