



# Create a monthly study routine

## Online Learning – Study Guide

### Balance between your personal life and your academic life with a solid Study routine

**Errands.** Set aside half a day a week (at least) for errands. List and add all your errands only at those time chunks. Avoid trying to finish 'just a small thing' during other days of the week.

**Study blocks.** Set the same time every day to study. Assign a block to the lecture itself and a block for assignments/review of every subject. Your aim is to build a set and regular routine that is repetitive .

**Non-academic blocks. Everything goes in a block.** Reserve blocks for family, friends, and rest, exercise and sleep. It's important to have set blocks of time that are non-academic in order give us strength and motivation, so we can continue studying .

**Update your routine weekly.** set a specific day (Saturday?) to update your upcoming week with specific assignments that might vary from week to week, while the blocks of time are set and do not need to be planned every week (errand block, study blocks).

**Keep track of deadlines.** Mark due dates and coursework deadlines on your calendar and set up reminders on your phone.

**Prioritize your courses/assignments.** List all your courses. Prioritize courses that are a challenge for you or that you are determined to ace. Consider the difficulty of the subject or the lecture, the amount of reading, writing or reviewing you will need to do and the difficulty of the exam and in addition the credits of the course.

**Set realistic study goals at the beginning of the week/day.** Small, achievable, specific and limited in time. Break assignments into smaller chunks and estimate how long each step will take. Only then you can monitor your progress.

**Reserve time to Review all you studied.** Every 3 weeks go over all you have studied in 2-3 subjects. This will keep the material fresh in your mind, assuring you understand the material.

**Accountability list.** At the end of every studying block, check (V) on your to do list and write down what you have accomplished .

**Accountability learning partner.** We use accountability in fitness, and in dieting too. Find a learning partner that you want them to be accountable for how much you're getting done and will help you keep it up. Accountability can make a huge difference.

**Tip:** Set an alarm at night when you want to go to bed.

**There are two steps to achieving a goal: planning and executing. A plan without execution is no good, but so is random execution without a plan. You will only reach your goal when you do both well**

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Study routine6 tips for creating a study plan? [Press here](#)