Maintenance Studying

What?
Recurring weekly course work that is essential to keeping up to date in your classes (e.g. assigned readings, weekly class assignments, pre—labs, written lab reports, daily review of lecture notes, etc.).

When?
Monday through Friday: Before, between or after classes throughout your day

Why?
✓ Sets up a study routine during the week that is predictable and that prevents recurring cycles of excessive, overwhelming coursework demands.
✓ Makes use of the “down time” in most days that is easily overlooked for its potential to keep routine course demands manageable and on track.
✓ Frees up each evening and weekend for the more sustained efforts of major papers, projects and exam preparation.

Where?
✓ Away from distractions: Don’t be sidetracked by texting and email – turn it off. Use earbuds to filter out noise.
✓ Locations: ACES Library, coffee shops, Illini Union, Grainger, unoccupied classrooms

How much?
✓ Enough to complete ALL required class reading and routine assignments for each week.
✓ Limit your work to 1.5 hours at a time.

Key points to remember
✓ Remove distractions – stick to your plan and don’t be easily lured into alternative activities
✓ Set realistic and specific goals for your study time – stay focused
✓ Re-evaluate your daily study regimen every few weeks and modify if necessary
✓ Remember that reclaiming just 10 minutes that might otherwise be wasted in each hour yields an extra 1.5 hours of meaningful study by the end of your day!
✓ You will be busier during the day, but have more free time in the evenings and weekends.