

WHY SCHEDULE YOUR TIME?

1. **GETS YOU STARTED:** Often a well-planned schedule can give us a shove in the right direction.
2. **PREVENTS AVOIDANCE OF DISLIKED SUBJECTS:** The mind plays tricks. We avoid doing something we don't like by doing something we like.
3. **MONITORS THE SLACK OFF PROCESS:** By apportioning time, correctly we can keep ourselves from slacking off as the semester wears on.
4. **AVOIDS THE STRESS OF FORGETTING AND TRYING TO MEET A DEADLINE:** Without pressure, studying can be interesting. Putting things on paper takes your mind off the mental treadmill.
5. **PROMOTES CUMULATIVE READING:** Short periods of review are the best way to retain knowledge.
6. **CONTROLS STUDY BREAKS:** Rewarding yourself with ten-minute breaks when you finish a study block prevents clock watching.
7. **KEEPS YOU FROM OVERLOOKING RECREATION:** Physical and social activities are needed for a well-balanced personality and better study. On the other hand, allowing extracurricular activities to outweigh studies probably accounts for more failure in college than anything else.
8. **REGULATES DAILY LIVING:** Without a plan to guide us, assignments tend to get piled up.

FOR EVERY ONE (1) HOUR SPENT IN CLASS, YOU SHOULD SCHEDULE A MINIMUM OF TWO (2) HOURS OF STUDY TIME.