

Creating a “STUDY ROUTINE”

STEPS

- 1) Time management—think about what you have to do
 - A. Time for homework
 - B. Time for yourself
 - C. Time for obligations (dinner, chores, etc.)
- 2) Prioritize—think about the importance of your tasks
 - A. Look at due dates
 - B. Figure out which assignments will be more difficult or take more time
- 3) Task Analysis—think about how you can fit this all in a reasonable amount of time
 - A. Estimated time for each assignment/task
 - B. Put tasks/assignments in order
 - C. Include breaks

Example: When I get home from school at 4 pm, I have five hours to get things done in order to be ready for bed. These are the things I have to do: time to chill out, walk the dog, dinner, homework, & shower. I usually have about 2-3 hours of homework.

What that looks like as a study routine:

4:00-4:15—walk the dog/chores

4:15-5:00—chill out/snack

5:00-5:30—math homework

5:30-5:35—break

5:35-6:30—finish math homework

6:30-6:50—shower (or start other homework)

6:50-7:00—chill out/set table

7:00-7:45—dinner/dishes

7:45-9:00—English/history homework/study/organize binder

9:00-9:30—prepare for next day/listen to music/watch TV/chill out (or shower)

- If there are things that HAVE to be done at a certain time, plan for those things first.
- A study routine may look different day-to-day depending on what you have going on each day.
- Check off each activity once it's completed. and make note of finished homework in your agenda/planner.