1. Plan a schedule of balanced activities.

2. Plan enough time for studying to do justice to each subject.

3. Study at a regular time and in a regular place

4. Provide time for study soon after class meetings.

5. Utilize odd hours during the day for studying.

6. Limit your study time to no more than 2 hours on any one course at any one time.

7. Study both alone and in groups.

8. Trade time—don’t steal it.


10. Develop a framework for understanding.