

LEARNING

DEVELOPMENT & SUCCESS

TIP #2: MAKE IT A HABIT - DO COURSEWORK EVERY DAY

*Cramming is not conducive to understanding and remembering large amounts of information.
Spending time on your courses each day is the best way to learn.*

THINGS TO CONSIDER:

- Space your learning
- Allocate adequate time for school each week
- Cramming is not your friend
 - It takes more time
 - You will soon forget
 - It's bad for your health

ACTIVITY:

1. Print off weekly calendar or open fillable weekly calendar file
2. Fill in all of your regular weekly commitments on the calendar. This will likely include:
 - Class time
 - Eating
 - Sleeping
 - Exercising
 - Work
 - Volunteer
 - Socializing
3. Fill in time on your schedule each day for completing course work (reading, completing assignments, practicing problem-solving, etc.) and reviewing previous course content. As a rough estimate, for every 1 hour of class time per week, consider scheduling 2-3 hours per week to work on your coursework (eg., 15 hours of class time/week = 30-45 hours/week).

WEEKLY CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30 AM							
8:30-9:30 AM							
9:30-10:30 AM							
10:30-11:30 AM							
11:30-12:30 PM							
12:30-1:30 PM							
1:30-2:30 PM							
2:30-3:30 PM							
3:30-4:30 PM							
4:30-5:30 PM							
5:30-6:30 PM							
6:30-7:30 PM							
7:30-8:30 PM							
8:30-9:30 PM							
9:30-10:30 PM							
10:30-11:30 PM							

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