

POWER HOUR

- ◆ Studies show that blocking study time into focused chunks can help make studying more effective
- ◆ Try setting aside designated 1-hour (60 minute) blocks for studying
- ◆ Within that 60 minutes, divide your time according to the chart below:



- ◆ **10 min** - Preview reading assignment, set a goal for this short session, ask questions
- ◆ **40 min** - Read the text, take notes - jot down any other questions or the answers to questions you asked
- ◆ **5 min** - Review; can you answer the questions you wrote at the beginning of the hour? Is there anything you still don't understand?
- ◆ At the end, if you accomplished your goal, restart another Power Hour or, if not, pick up at the point where you need to review again