

Do Some School Work Every Day

Skim yesterday's notes and readings before today's class – your mind will be focused and better able to absorb today's new material. Do the homework you are assigned – if you can't do it all, at least do some. Start thinking about an assignment or term project early, break it into small steps, make use of a daytimer book to record your appointments and study times, and start crossing off items. Grab that "down time" we all experience – waiting for a child or at an appointment – and use it for a "Learning Moment" (review, reflection, reading an article or a chapter, etc.). Get in the habit of carrying something with you everywhere you go, and you'll surprise yourself with the opportunities you find. Be ready to study 1 to 2 hours in a block each day. And you will be even more surprised to see the difference it makes in your marks!