



# Study and Time Management Skills

UNIVERSITY OF ILLINOIS  
AT URBANA-CHAMPAIGN



[illinois.edu](http://illinois.edu)

# Or How to Succeed in Physics

What Really You Need to  
Try



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# A Confession



- Failure to Complete Academic Reading
- Angry Birds Habit



- Doesn't Exercise Properly



# Poll: Dr. Schulte Should

- A. Grow up, get with the program, and put away her iPhone.
- B. Get a calendar and schedule in everything she needs to do.
- C. Change her beloved video game.
- D. Throw in the towel and accept that reading will never be done.
- E. What's exercise?



# ...that is the question.

## To Correct...

- Decide I want to do my academic reading.



The Effects of Spacing and Mixing Practice Problems  
Author(s) Doug Baker  
Source: *Journal For Research in Mathematics Education*, Vol. 40, No. 1 (Jan., 2009), pp. 4-17  
Published by: National Council of Teachers of Mathematics  
Stable URL: <http://www.jstor.org/stable/4019111>  
Accessed: 22/07/2013 17:46  
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- Decide to limit my Angry Birds time.



[https://cnet1.cbsistatic.com/img\\_D6BzKniCWk4OotpApfVdoW3W0=/1600x900/2016/07/06/b23bd09c-7917-4385-b9d2-82cb1aaa708a/pokemon-go-logo.jpg](https://cnet1.cbsistatic.com/img_D6BzKniCWk4OotpApfVdoW3W0=/1600x900/2016/07/06/b23bd09c-7917-4385-b9d2-82cb1aaa708a/pokemon-go-logo.jpg)

- Go for a run.

## Or Not To Correct...

- Read?! That cuts into my Angry Birds time!!



- Continue to play Angry Birds.



- Exercise?? Let's not go nuts!



# Poll: What Will Happen if Dr. Schulte doesn't Clean Up her Act?

- A. Be ill-informed at group meetings.
- B. Stay out of shape.
- C. Get “the look” from her cat.
- D. All of these
- E. None of these



# Consequences

## Correcting

- Reading:
  - Better informed at group meeting.
- Angry Birds:
  - More time for exercise

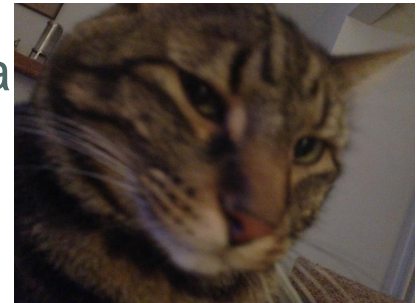


What's the problem with this idea?

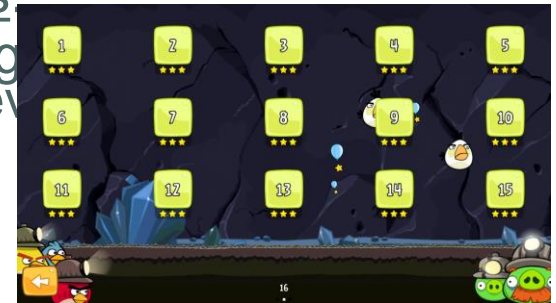
- Exercise:
  - I might lose an ounce.

## Not Correcting

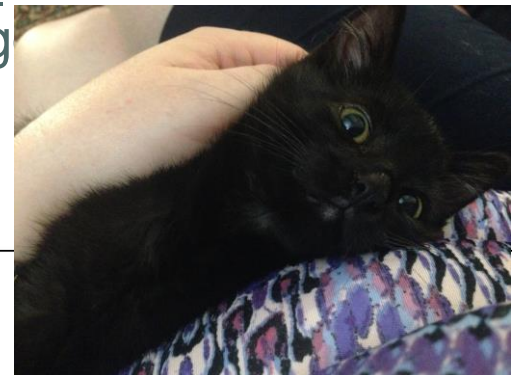
- Reading:
  - Look like a meeting.



- Angry Birds:
  - I might get every level



- Exercise:
  - Still g



# So Dr. Schulte is a Slacker. Who Cares?



- We all have our moments....
- You're probably going to drift past my office for help with this.
- I have a prescription to fix this problem.





# The Prescription

- Decide
  - Write (
  - will se
  - Read
- Decide  
behavior
  - Write (
  - Write (
  - succe



or.

ewhere you

he desired



# OK But This is About Getting Good Grades in Physics



<http://www.physicscentral.com/explore/pictures/bouncingball.cfm>

- Indeed....
- *We've set everything up for you to succeed.*
- Now you need to do the work.



# Poll: A Good Study Plan Involves

- A. Staying awake all night the night before an exam to study.
- B. Starting your homework no earlier than the night before it's due.
- C. Getting a planner and using it.
- D. Occasionally going to class.
- E. Attending office hours in a panic immediately before an exam.



# Study Skills

- Studying is a skill



<http://admissions.illinois.edu/Visit/Photo-Tour/index>

- It requires practice



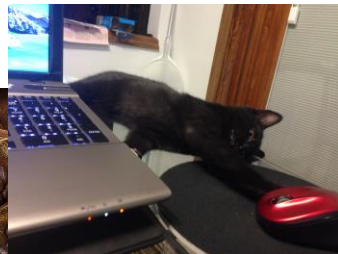
# How You Study Matters



Do

<http://7-themes.com/7041904-short-eared-owl.html>

- Study a little every day
- Take regular breaks



<http://7-themes.com/6801310-lovely-coffee-cup-wallpaper.html>

Do not

- Cram
- Pull all-nighters



<http://apod.nasa.gov/apod/ap150817.html>



# Poll: You Should Expect to Spend

- A. One hour per week working on homework & studying for each class.
- B. One hour per week on homework & studying for each credit hour for each class.
- C. No time on homework & studying for any classes.
- D. 2 to 3 hours per week working on homework & studying for each credit hour for each class.
- E. You should do nothing but study and go to class.



# Make a Plan (1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>
8:00 AM	<i>Travel</i>	<i>Travel</i>	<i>Travel</i>	<i>Travel</i>	<i>Travel</i>		
8:30 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
9:00 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
9:30 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
10:00 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
10:30 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
11:00 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
11:30 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		



# Make a Plan (2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 N	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>
12:30 PM	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>
1:00 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
1:30 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
2:00 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
2:30 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
3:00 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
3:30 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
4:00 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
4:30 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
5:00 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
5:30 PM	<i>Travel</i>	<i>Travel</i>	<i>Travel</i>	<i>Travel</i>	<i>Travel</i>		
6:00 PM							
6:30 PM							





# Make a Plan (3)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 PM	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>
7:30 PM	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
11:30 PM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
12:00 M	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
12:30 AM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
1:00 AM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
1:30 AM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>



# Now Add Tasks

- Total Study Time Expectation:
  - ***3 Hours per credit our per week***
  - ***So for a 12 hour schedule, that's 36 hours of study per week!!!***
- Study each subject ***20-30 minutes per day***
  - Homework/Pre-Labs
  - Pre-lectures/Checkpoints
  - Study for quiz
  - Study for exam
- Total Per Subject: 2 to 3 hours per week (6 days a week)



# How Many Hours Are Available?

- Weekend: 30
  - Saturday: 15
  - Sunday: 15
- Weekdays: 22.5
  - Weekday Morning: 12.5
  - Weekday Evening: 20
- Total: 52.5



# Intention



- It is my intention (desire) to participate in my academic reading.
- It is my intention (desire) to reduce the amount of time I spend playing Angry Birds.
- It is my intention (desire) to improve my physical fitness.
  - Get help if you need it!



# Make a Plan (1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Get Dressed	Get Dressed	Get Dressed	Get Dressed	Get Dressed	Get Dressed	
5:30 AM	Run	Run	Run	Run	Run	Run	
6:00 AM	Run	Run	Run	Run	Run	Run	
6:30 AM	Get Dressed	Get Dressed	Get Dressed	Get Dressed	Get Dressed	Get Dressed	
7:00 AM	Reading	Reading	Reading	Reading	Reading	Reading	
7:30 AM	Meal	Meal	Meal	Meal	Meal	Meal	Meal
8:00 AM	Travel	Travel	Travel	Travel	Travel		
8:30 AM	Work	Work	Work	Work	Work		
9:00 AM	Work	Work	Work	Work	Work		
9:30 AM	Work	Work	Work	Work	Work		
10:00 AM	Work	Work	Work	Work	Work		
10:30 AM	Work	Work	Work	Work	Work		
11:00 AM	Work	Work	Work	Work	Work		
11:30 AM	Work	Work	Work	Work	Work		

# Make a Plan (2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM							

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# Make a Plan (3)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 PM	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>
7:30 PM	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>
8:00 PM	<i>Angry</i>	<i>Angry</i>	<i>Angry</i>	<i>Angry</i>	<i>Angry</i>	<i>Angry</i>	<i>Angry</i>
8:30 PM	<i>Birds</i>	<i>Birds</i>	<i>Birds</i>	<i>Birds</i>	<i>Birds</i>	<i>Birds</i>	<i>Birds</i>
9:00 PM	<i>Play</i>	<i>Play</i>	<i>Play</i>	<i>Play</i>	<i>Play</i>	<i>Play</i>	<i>Play</i>
9:30 PM	<i>With</i>	<i>With</i>	<i>With</i>	<i>With</i>	<i>With</i>	<i>With</i>	<i>With</i>
10:00 PM	<i>Cat</i>	<i>Cat</i>	<i>Cat</i>	<i>Cat</i>	<i>Cat</i>	<i>Cat</i>	<i>Cat</i>
10:30 PM							
11:00 PM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
11:30 PM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
12:00 M	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
12:30 AM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
1:00 AM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
1:30 AM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>



# When to Start?

- Now!!!
- Start your homework the ***day it is assigned. No Exceptions.***
- If your homework is done study for a quiz or exam.
- Let's Take a look—homework due on Tuesday





# Make a Plan (1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM	<i>Prelecture/C heckpoint</i>	<i>Read HW Problems</i>	<i>Prelecture/Checkpoint AND attempt HW problems</i>	<i>Attempt HW problems</i>	<i>Attempt HW problems OR Work extra problems</i>	<i>Attempt HW problems OR Work extra problems</i>	
7:30 AM	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>
8:00 AM	<i>Travel</i>	<i>Travel</i>	<i>Travel</i>	<i>Travel</i>	<i>Travel</i>		
8:30 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
9:00 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
9:30 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
10:00 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
10:30 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
11:00 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
11:30 AM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		



# Make a Plan (2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 N	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>
12:30 PM	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>
1:00 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
1:30 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
2:00 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
2:30 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
3:00 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
3:30 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
4:00 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
4:30 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
5:00 PM	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>	<i>Work</i>		
5:30 PM	<i>Office</i>	<i>Travel</i>	<i>Travel</i>	<i>Travel</i>	<i>Travel</i>		
6:00 PM	<i>Hour</i>						
6:30 PM	<i>Travel</i>						



# What If I Need More Time?

- Take it!
- But work in 20 to 30 minute blocks
- Take breaks/eat a meal/go to class/work/exercise
- For Example...



# Make a Plan (3)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 PM	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>
7:30 PM	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>
8:00 PM	<i>Work extra problems</i>	<i>Attempt HW problems</i>	<i>Work extra problems</i>	<i>Attempt HW problems</i>	<i>Work extra problems</i>		
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
11:30 PM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
12:00 M	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
12:30 AM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
1:00 AM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
1:30 AM	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>

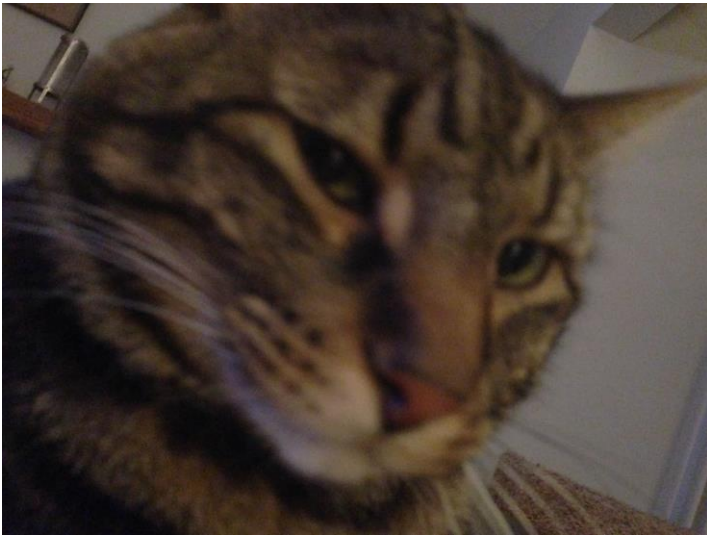


# So, How To Study

- Make it a priority.
- Make a plan.
- Write the plan down.
- Execute the plan:
  - Study ***at least 20 minutes every day.***
  - Start homework immediately.
  - Attend office hours regularly and prepared.
- No all-nighters!!



# Special Thanks



Higgs the Cat  
as  
Provider of Dirty Looks



Molly the Wonder Kitten  
as  
The Time Sink

