



8 TIPS

ON HOW TO MAKE A STUDY PLAN

Making a plan is an individual matter

1

Do not compare yourself to others. The aim is after all that you learn to plan efficiently and that you are able to go through the material within a certain amount of time.

The plan is there for you!

2

Use a plan so that you are in control of your own time. The plan should not dominate you. It is good to keep reminding yourself that you made the plan. Sometimes it is necessary to make an adjustment to a plan.

Give yourself a timely break

3

Almost nobody is able to concentrate well continuously for more than forty-five minutes. Thus, take breaks if you have planned to study for a number of hours (decide on the length of the break beforehand and stick to it).

Are you an evening or morning person?

4

Decide what parts of the day are best for you in terms of concentration and take these into account when planning individual study.

Create change

5

Alternate different kinds of activities, for example, read intensively in the morning and do assignments in the afternoon. Similarly, alternate an unpleasant/dull subject with a subject that really fascinates you. This alternation stimulates concentration.

Do not be too strict - or too kind

6

When you are tired it is better to do some form of routine work rather than studying intensively, for example, typing or something similar. Also, if you are constantly tired or lacking inspiration do not wait until you are 'in the mood' - simply begin!

Avoid too much distraction

7

Decide for yourself where and under what circumstances you can study best, for example, at home or in the library (and with or without your mobile phone within reach). Do not make it more difficult for yourself than it is already.

Studying is working!

8

Regard your study as a job. For example, say no to friends if they drop in on you during your working hours.