

<b>GED School Proposal</b>							
<b>(Hours Studied Each Night)</b>							
1 hour			3 hours			5 hours	
Fair Student			Excellent Student			Outstanding Student	
<b>Incremental Study Schedule</b>							
<b>(Hours of Study)</b>							
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Week 1</b>		1	1.25	1.5	1.75	Off	2
<b>Week 2</b>	2.25	2.5	2.75	3	3.25	Off	3.5
<b>Week 3</b>	3.75	4	4.25	4.5	4.75	Off	5
<p>You start with <b>1 hour</b>. You add <b>1/4 hour or 15 minutes</b> each night to the total.            (You gradually achieve a sustainable study schedule, as in a long-distance, running event.)            While you are studying, <b>avoid</b> your phone (calls and texting), the internet, and the TV.            For the last <b>5 minutes of each study hour</b>, do some stretches or other exercises.            (It refreshes the mind, and you refocus.)            Sip some <b>ice water</b> as you study. It's refreshing.            (Go easy on the caffeine.)  <b>Study hall time</b> is included in this schedule.            If your not in a sport or in gym for that day, try to get <b>30 minutes of exercise</b>.            (Exercise increases your productivity.* Walking with a family member is ideal.)</p>							
<b>Long-Term Study Goals</b>							
<b>Type of Goal</b>	<b>Purpose of the Goal</b>						
<b>Daily</b>	Read assignments <b>prior</b> to class. (When you hear the material in class, you are one step closer to exam preparedness. You can ask questions during the class about uncertain topics.)						
<b>Papers/Projects</b>	Get these done as <b>soon as possible</b> . (If a paper is due in 2 weeks, get it done in 1 week. You can review it with a teacher or a student with aptitude in this area.)						
<b>Tests</b>	Be prepared <b>early</b> for an examination. ( If your test is on Thursday, you are ready for it by Tuesday night. You will be more relaxed. You sleep and do well!)						
<p><b>*Walking Benefits the Brain</b>  <a href="http://www.fi.edu/learn/brain/exercise.html#physicalexercise">http://www.fi.edu/learn/brain/exercise.html#physicalexercise</a></p> <p><b>*Vigorous Exercise Equals Better Academic Performance</b>  <a href="http://news.msu.edu/story/1040/">http://news.msu.edu/story/1040/</a></p>							
<ul style="list-style-type: none"> <li>•Small Steps for Life (SSFL) is a systematic and incremental approach to optimize students' academic performance.</li> <li>•It maximizes both the time investment and the quality of their studies.</li> <li>•A prepared student is an avid learner, and the student contributes to an excellent class environment.</li> <li>•It enhances the critical teaching time available to instructors.</li> <li>•It puts the students on a glide path to achieve their academic and career goals.</li> <li>•SSFL fosters life-long learning skills, which allow students to adapt to future academic, economic, employment, and technologic challenges.</li> </ul>							
3/7/13							