

School Proposal:4K

Incremental Study Schedule (Hours of Study)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		0.25	0.5	0.75	1	Off	1
Week 2	1	1	1	1	1	Off	1
Week 3	1	1	1	1	1	Off	1

You start with **15 minutes or .25 hours**. You add **15 minutes** each night to the total. (You gradually achieve a sustainable study schedule, as in a long-distance, running event.)

While you are studying, **avoid** your phone (calls and texting), the internet, and the TV.

For the last **5 minutes of each study hour**, do some stretches or other exercises.

(It refreshes the mind, and you refocus.)

Sip some **ice water** as you study. It's refreshing.

(Go easy on the caffeine.)

Study hall time is included in this schedule.

If your not in a sport or in gym for that day, try to get **30 minutes of exercise**.

(Exercise increases your productivity.* Walking with a family member is ideal.)

Long-Term Study Goals

Type of Goal	Purpose of the Goal
Daily	Read assignments prior 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.)
Papers/Projects	Get these done as soon as possible . (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.)
Tests	Be prepared early 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!)

*Walking Benefits the Brain

<http://www.fi.edu/learn/brain/exercise.html#physicalexercise>

*Vigorous Exercise Equals Better Academic Performance

<http://news.msu.edu/story/1040/>

- Small Steps for Life (SSFL) is a systematic and incremental approach to optimize students' academic performance.
- It maximizes both the time investment and the quality of their studies.
- A prepared student is an avid learner, and the student contributes to an excellent class environment.
- It enhances the critical teaching time available to instructors.
- It puts the students on a glide path to achieve their academic and career goals.
- SSFL fosters life-long learning skills, which allow students to adapt to future academic, economic, employment, and technologic challenges.

9/4/12