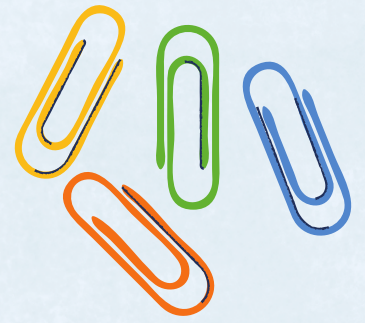




Setting Study GOALS



Please complete this exercise before you fill out your daily activity schedule.

How much time do you need to study for your classes? Some experts say that for every hour of class, the student needs to spend two hours studying. This means that if you have 15 hours of course work, you must find an additional 30 hours to study independently each week.

In reality, every student is different. Some are faster readers, some can work through math problems more quickly, and some may be more interested or more adapt at the material than others. Each student has different study needs for each class.

In order to set attainable study goals, you must have an idea of how well you wish to do in each of your classes and how much you will need to study to attain those goals.

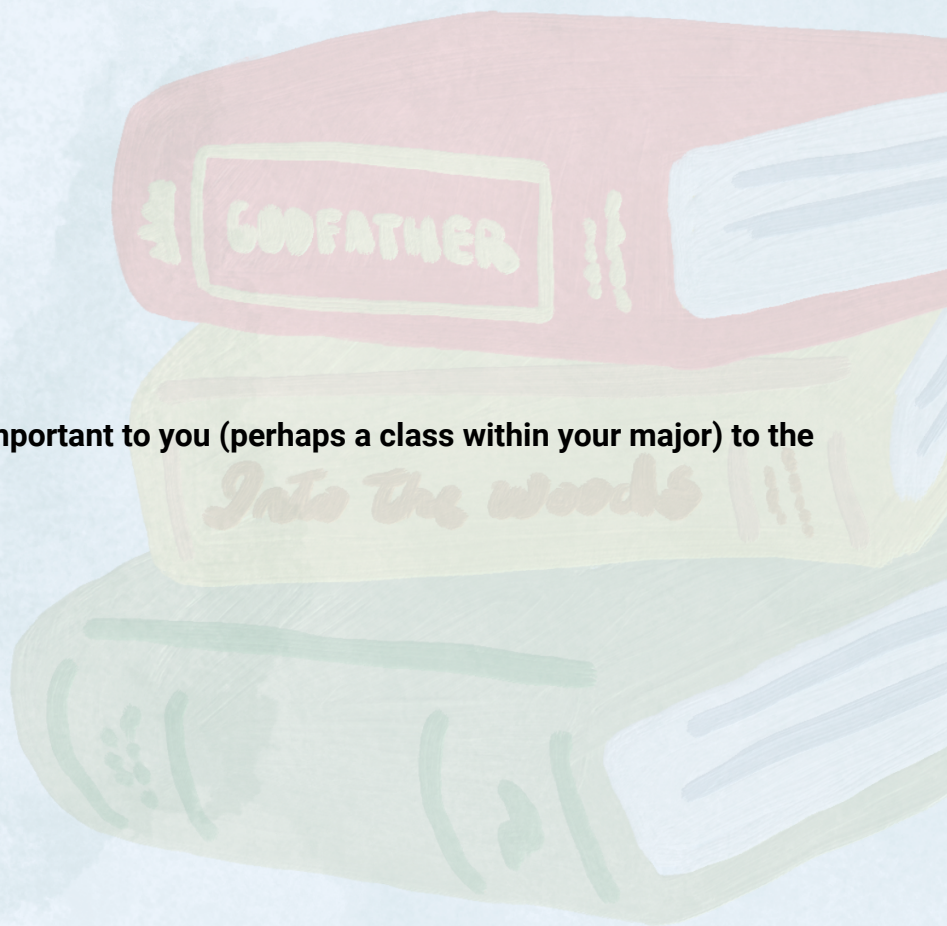
Follow the instructions below in order to set some study goals that are right for your own personal needs.

List your classes in order from hardest to easiest.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

List your classes in order from the most important to you (perhaps a class within your major) to the least important.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



Now list your classes again in order beginning with the class you will need to study the most for to the class for which you will spend the least time studying. In deciding the order, keep in mind which classes are your hardest and which are the most important to you.

Next to the class, list the grade you want to receive. be honest with yourself! Next to the grade you want to receive, list the number of hours per week you think you will need to study to attain that grade. Keep in mind the amount of reading, writing, research, and project work that is involved in each class. Obviously, the higher the grade you want to receive, the more study hours it will take.

Class	Grade	Hours of studying per week
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____

