Research shows that blocking study time into focused chunks helps make studying more effective.

Try setting aside 60 minute time blocks for studying and divide your time according to the outline below.

1. **10 min – Preview assignment**: set a goal for this short session, ask questions.

2. **40 min – Work on the task**: read, write, study. Be engaged with the material. (Set a timer so you don’t lose track!)

3. **5 min – Take a break**: walk away and do something unrelated. *Caution: avoid activities that will take more than 5 minutes!*

4. **5 min – Review**: can you answer the questions you wrote at the beginning of the hour? Is there anything you still don’t understand?

At the end, if you accomplished your goal, restart another Power Hour or if not, pick up at the point where you need to review again.

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