



# Power Hour

## Did You Know?

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

### Try this:

Set aside designated 60 minute (1-hour) blocks for studying

Within that 60 minutes, divide your time according to the outline below:

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

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

**5 min - Take a break**; walk away and do something unrelated to the reading \*Caution: don't get caught up in an activity that will take more than 5 minutes!

**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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