

# Staying Consistent with a Study Plan

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# Learning Objectives

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- Identify areas of academic self-regulation
- Recognize how to monitor performance & use of time
- Prioritize commitments
- Create an effective study plan



# Use of Time

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- Know what your time wasters are
  - Social Media
  - Sleeping too much
  - Watching T.V. shows
  - Socializing with friends
  - Texting and/or talking on the phone
  - Procrastinating



Dembo, M. H., & Seli, H. (2016). *Motivation and Learning Strategies for College Success: A focus on self-regulated learning* (5th ed.). New York, NY: Routledge.

Photo cited from: Google Images

# Prioritize Your Commitments

## COVEY'S TIME MANAGEMENT MATRIX

	<i>Urgent</i>	<i>Not Urgent</i>
<i>Important</i>	1	2
<i>Not Important</i>	3	4

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1. Quadrant 1 – Immediate deadlines such as projects due tomorrow.
  1. Role: Procrastinator/Firefighter
2. Quadrant 2 – Important deadlines done without the pressure of looming deadlines such as a paper due in two weeks
  1. Role: Prioritizer/Fire Preventer
3. Quadrant 3 – Urgent, yet unimportant matters such as interruptions and peer pressure.
  1. Role: Yes-person/Rescuer
4. Quadrant 4 – Time-wasting activities such as spending time on social media.
  1. Role: Slacker/Just fired

# Weekly Schedule



Both photos cited from: Google Images

## Weekly Study Planner

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Downing, S. (2017). *On Course: Strategies for creating success in college and in life* (8th ed.). Boston, MA: Cengage Learning.

# Monitoring Performance

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Photo Cited from: Google Images

## Learning Strategies to Improve Comprehension & Retention

- Relate new knowledge to prior knowledge
- Teach information learned to group members
- Answer predictable essay questions
- Turn chapter headings into questions
- Answer self-generated questions

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# References

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- Covey, S.R. (1990). *The 7 habits of highly effective people*. New York: Simon & Schuster.
- Dembo, M. H., & Seli, H. (2016). *Motivation and Learning Strategies for College Success: A focus on self-regulated learning* (5th ed.). New York, NY: Routledge.
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