

Success is not an accident.

A failure to plan is a plan to fail. You need a plan!

An average student needs to spend at least 3 hours studying outside of class for every hour spent in lecture and lab in order to pass a course. General Human Physiology, BIOL 241 is a 3 hour per week lecture and 3 hour per week lab course. So that means that one needs to study 18 hours outside of class to do well. Below is a weekly plan that you should use and fill in. Be sure to show me every week sometime before class, after class, or during my office hours. It is best to study often for shorter periods of time rather than study less frequently for long periods of time. Keep your study periods less than 1.5 hours in length. Do not procrastinate because cramming for a test is the least efficient method for success.

		Proposed BIOL 241 Weekly Study Plan					
Name:	Week #						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	(1.5)					(1.5)	(1.5)
Afternoon		(1.0)		(1.0)			
Evening			(1.5)		(1.5)	(1.5)	(1.5)
Night	(1.5)	(1.5)	(1.0)	(1.5)	(1.0)		
Dailey Totals	(3.0)	(2.5)	(2.5)	(2.5)	(2.5)	(3.0)	(3.0)
Week Total	(18.0)						

		Actual BIOL 241 Weekly Study Plan					
Name:	Week #						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Afternoon							
Evening							
Night							
Dailey Totals							
Week Total							