



## Cornell University Learning Strategies Center

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### Guidelines for Creating a Study Schedule

**Plan a schedule of balanced activities.** College life has many aspects which are very important to success. Some have fixed time requirements and some are flexible. Some of the most common which you must consider are:

*Fixed:* eating, organization, classes, work, spirituality

*Flexible:* sleeping, recreation, study, relaxation, socializing

**Study at a regular time and in a regular place.** Establishing habits is important. Knowing what you are going to study and when saves a lot of decisions and retracing your steps to get necessary materials, etc. Avoid generalizations in your schedule such as "study". Commit yourself more definitely to "study history" or "study chemistry" at certain regular hours.

Highlight in (Y)ellow