

Distance Learning Daily Study Schedule

(Modify based on your needs and subject areas)

Time	Activity	Description
6 am	Wake Up	Eat Breakfast, make bed, get dressed for the day <i>(even if you are staying in – studying is work, so transition to work with your clothing)</i>
7 am	Morning exercise	Indoors on own: Yoga, Weights, Cardio Keeping social distance: Walk/Run outside
8am – 12pm	Academic Time	Attend webconference with professor and/or watch recorded lectures as assigned Read textbook/articles Complete practice questions and/or quizzes to self-assess your knowledge Send questions about content to respected resource (e.g. professor, peer study group, etc) <i>Remember to get up and stretch/walk every hour</i>
12pm	Lunch	
12:30-4pm	Academic Time	Complete any assignments, readings, practice questions, etc for tomorrow <i>Remember to get up and stretch/walk every hour</i>
4-5pm	Afternoon Wellness	Meditation Talk with friends (phone, webconference call, etc) With social distance: Walk/Run outside, Indoor yoga, weights, etc.
5-6 pm	Dinner	Eat, Watch TV, Read a book for personal enjoyment, etc.
6-9pm	Academic Time	Complete any assignments for tomorrow Join a study group with class peers to get questions answered (online via webconference) Check email and/or Canvas for announcements
9-10pm	Unwinding Time	No electronics Read, listen to music, relaxation, etc
10 pm	Bedtime	

Note: Remember to use effective study strategies like interleaving and spaced testing to improve your long-term recall. See: <https://www.learningscientists.org/blog/2016/8/18-1>