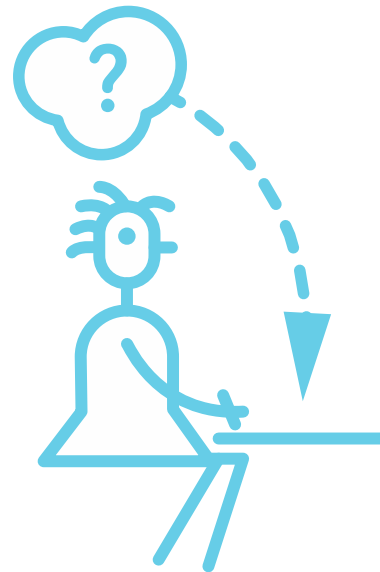
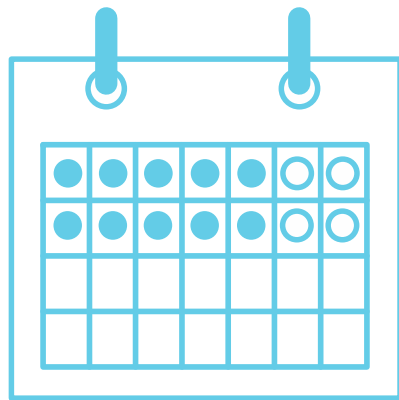


1. SPACE IT OUT

HOW TO DO IT

Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.

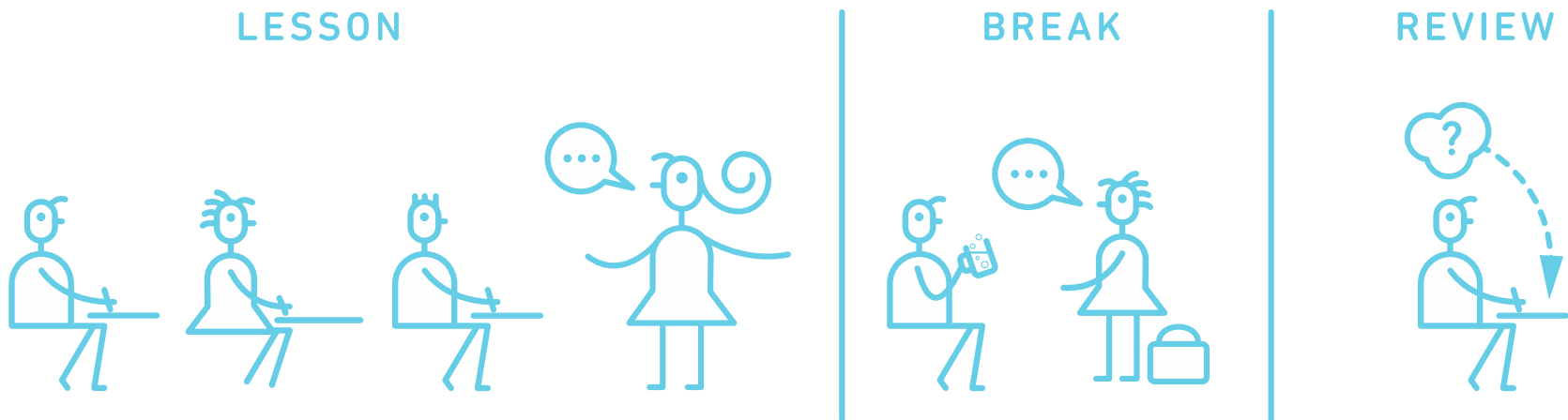
M T W Th F Sa Su M T W Th F Sa Su



1. SPACE IT OUT

HOW TO DO IT

Review information from each class, but not immediately after class.



1. SPACE IT OUT

HOW TO DO IT

After you review information from the most recent class, make sure to go back and study important older information to keep it fresh.

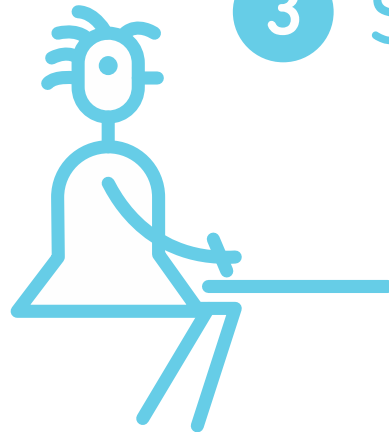


1. SPACE IT OUT

HOLD ON

When you sit down to study, make sure you are using effective study strategies rather than just re-reading your class notes.

TESTING ① ② SPACING ③ SKETCHING



1. SPACE IT OUT

HOLD ON

This may seem difficult and you may forget some information from day to day, but this is actually a good thing! This forces you to retrieve information from memory.



1. SPACE IT OUT

HOLD ON

Create small spaces (a few days) and do a little bit over time, so that it adds up!

