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Success Takes Time and Effort

The 15 Minute Hack to Improve your Grade by One-Third

A new study by Che et. al. (2017) suggests that students who think strategically about their study habits can improve grades by one-third. Specifically, focusing students' thinking about their thinking (metacognition) and improving their intentionality about studying can help them from jumping "mindlessly into studying before they have even strategized what to use [with regard to support resources] without understanding why they are using each resource, and without planning how they would use the resource to learn effectively... I find this very unfortunate because it undermines their own potential to learn well and perform well" (Anderson, 2017). The hack is really a survey that helps to guide intentionality in focusing your study habits. Here are some questions that can guide your approaches to studying prior to an exam or quiz:

- What grade do you want to achieve?
- Do you think you can get it?
- How important to you is it that you get this grade?
- What is not working in your work at the moment?
- How could you do it better?
- Think about something you have done recently—how could you have done it better?
- What resources do you have that might help you work better? (for example: lecture notes, practice exam questions, and textbooks; Weston, 2017)

Sources:

Primary:

Chen, P., Chavez, P., Ong, O.C., & Gunderson, B. (2017, April 27). Strategic resource use for learning: A self-administered intervention that guides self-reflection on effective resource use enhances academic performance. *SAGE Journals*. Retrieved from <http://journals.sagepub.com/doi/pdf/10.1177/0956797617696456>

Secondary:

Anderson, J. (2017, May 9). A Stanford researcher's 15-minute study hack lifts B+ students into the As. Quartz Media LCC. Retrieved from <https://qz.com/978273/a-stanford-professors-15-minute-study-hack-improves-test-grades-by-a-third-of-a-grade/>

Weston, P. (2017, May 10). Stanford researcher creates a 15-minute hack that can turn your child's B+ into a strong A. Daily Mail. Retrieved from: <http://www.dailymail.co.uk/sciencetech/article-4491452/15-minute-study-help-child-A.html>

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**OFFICE OF
ACADEMIC ADVISING
UNIVERSITY OF LA VERNE**

**Academic Expectation:
Study Plan & Study Cycle**



Stop studying when you are done, not when you are tired.

What We Expect From You:

We expect you to study a minimum set of hours per week based on the number of semester hours you're attempting each semester. We expect a minimum of 2 hours of study time a week for every semester hour of enrollment. If a single course is worth 4 semester hours then your commitment to the course is 8 hours per week. Full-time enrollment is 12-18 semester hours. Your commitment to studying per week should be 24-36 hours.

Studies suggest that students who are enrolled full-time (Kuh, et.al., 2006) are more likely to earn higher GPAs and tend to graduate at higher rates than students who enroll in fewer units. In light of this, time and effort to studying also correlates to academic success. Scheduling your study hours can help ensure that you meet weekly goals.

Example: If you are enrolled for 16 semester hours for fall semester, you are expected to study at *least* 32 hours a week for 15 weeks. By the end of the 15th week you should have studied at least 480 hours in preparation for final exams on the 16th week.

The same study that looked at full-time enrollment and GPA also correlated high employment hours to lower GPA. Ideally, limit work hours to fewer than 20 per week.

Fall Semester

Cumulative Study Hours per Week. Fall Break is in Week 9.

Sem Hrs: 12 | 16 | 18

Week 1:	24	32	36
Week 2:	48	64	72
Week 3:	72	96	108
Week 4:	96	128	144
Week 5:	120	160	180
Week 6:	144	192	216
Week 7:	168	224	252
Week 8:	192	256	288
Week 9:	216	288	324
Week 10:	240	320	360
Week 11:	264	352	396
Week 12:	288	384	432
Week 13:	312	416	468
Week 14:	336	448	504
Week 15:	360	480	540
Week 16:	384	512	576
Week 17:	Finals		

Spring Semester

Cumulative Study Hours per Week. Spring Break is in Week 9.

Sem Hrs: 12 | 16 | 18

Week 1:	24	32	36
Week 2:	48	64	72
Week 3:	72	96	108
Week 4:	96	128	144
Week 5:	120	160	180
Week 6:	144	192	216
Week 7:	168	224	252
Week 8:	192	256	288
Week 9:	216	288	324
Week 10:	240	320	360
Week 11:	264	352	396
Week 12:	288	384	432
Week 13:	312	416	468
Week 14:	336	448	504
Week 15:	360	480	540
Week 16:	384	512	576
Week 17:	Finals		

Citation: Kuh, Kinzie, Buckley, Bridges, and Hayek. (2006). *What Matters to Student Success: A Review of the Literature*.

The Study Cycle



One Intense Study Session (3-5 per Day, 60 Minutes)

1. Set Goals (5 Min): Decide what you want to accomplish for this session.
2. Study with Focus (30-50 Min): Read notes, chapters, annotate, organize materials, reflect, self-test, etc.
3. Reward Yourself (10-15 Min): Take a break, call a friend, play a video game, have snack, check your email or text messages, etc.
4. Review (up to 60th Min): Review what You just learned.

Study Cycle Adapted from "The Study Cycle," LSU.