

How Many Hours Should You Study In A Day?

It's all about finding a sustainable balance with the rest of your life:

5-15 min?

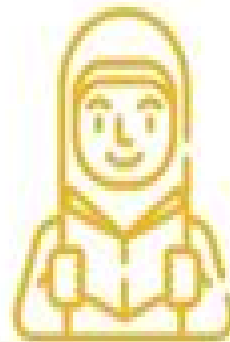
Great for spaced retrieval practice (flashcards!) & for learners struggling with their study routine

1-2 hours?

Most common for students fitting effective studying around their other demanding commitments!

3-4 hours?

The max available around full-time school or work – make sure to study smarter, not harder!



How much studying per day is right for YOU?

5-8 hours?

Great for students able to dedicate to full-time revision before exams: you'll need plenty of breaks

9-10 hours?

ONLY works for a short, intense pre-exam period of revising and requires plenty of time off

More?

***Nope!** Too much studying leads to exhaustion, burnout ... and falling grades*

More Hours In My Day

Rosina Ehmann



More Hours In My Day:

More Hours in My Day Emilie Barnes, 1982 *More Hours in My Day* Emilie Barnes, Sheri Torelli, 2008-06-01 Home management experts and authors Emilie Barnes and Sheri Torelli spruce up this classic by adding newly updated material and an eye catching cover For more than 25 years Emilie and Sheri have conducted time management seminars and taken the opportunity to listen to the thousands of attending women express their hearts desires to find more hours each day for what really matters most family home and quality of life This book is their response Here s a thorough collection of those time tested answers to every woman s dilemma Establish simple systems that save time and money and gain peace of mind Organize the home s problem areas kitchen cupboards crowded closets home offices and more Reclaim precious time for family and friends Filled with inspiration encouragement and tried and true tips this book is a must have for every woman

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The Child Labor Bulletin National Child Labor Committee (U.S.), 1915 The English Illustrated Magazine , 1891
Report Commonwealth Shipping Committee, 1921 *American Fruit Grower* , 1925 *The Life of Charles Lamb*
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