

## Planning a Study Session Example

Adult learners should study a single subject for periods of 30 minutes for best mastery of new knowledge. Below are two examples of student sessions for English and Math 101. If more time is needed to complete the work assigned, plan a second 30 minute session. Your retention will be better with two divided 30 minute sessions rather than a single one hour session.

**Come to the Elftmann Student Success Center for assistance in planning your study sessions or email any YCAP staff. You should always email your coordinator first**

**[nabdullah@dunwoody.edu](mailto:nabdullah@dunwoody.edu), [jmoore@dunwoody.edu](mailto:jmoore@dunwoody.edu) or [ataylor@dunwoody.edu](mailto:ataylor@dunwoody.edu)**

<b>7:30</b>	<b>Review Eng. class notes.</b>
<b>7:35</b>	<b>Read text p. 23-33. Take notes on reading.</b>
<b>7:50</b>	<b>Write 2 self-test questions to review key concepts of the reading.</b>
<b>7:55</b>	<b>Organize and put away materials Eng. Materials.</b>

8:00	Review class notes for Math 101.
8:05	Practice sample problems illustrated in the text 3 times. Change one number in the problem by 2.
8:10	Complete math problems assigned.
8:25	Write a math self-test for each type of problem assigned.
8:30	Organize and put away materials Math101 materials.

## Planning a Study Session

Adult learners should study a single subject for periods of 30 minutes for best mastery of new knowledge. Below are two examples of student sessions for English and Math 101. If more time is needed to complete the work assigned, plan a second 30 minute session. Your retention will be better with two divided 30 minute sessions rather than a single one hour session.

**Come to the Elftmann Student Success Center for assistance in planning your study sessions or email any YCAP staff. You should always email your coordinator first**

**[nabdullah@dunwoody.edu](mailto:nabdullah@dunwoody.edu), [jmoore@dunwoody.edu](mailto:jmoore@dunwoody.edu) or [ataylor@dunwoody.edu](mailto:ataylor@dunwoody.edu)**

