# A close up of a sign  Description generated with very high confidence

# Snack Don’t Binge

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Studies show that cramming or bingeing or your learning into one large block is not productive. Snacking or reviewing your learning little and often is much more effective.

**Task:**

Try to develop the following habits to help your productivity.

1. Set aside two hours a week where you must not be disturbed (put your phone on flight mode). Do not schedule the two hours together.
2. Split the two hours up in 8 x 15 minutes’ segments for study time for eight subjects (you may need to add a bit more if you have more subjects).
3. Now spend the allotted time reviewing what you have covered in each of your subjects. Some strategies that may help you with this are;
	* Check and read through your class notes
	* Summarise your learning into mind maps
	* Highlight material you have found hard this week – this will be the areas you work on in your study periods
	* Go through your up and coming deadlines (homework, coursework) and make a prioritised list of what you need to complete, when you will do it and in which order.

Once you have completed this for each of your subjects you should feel more organised, in control of what you need to do and have your private study periods planned out for the week.

**Purpose:**

Students that make this weekly review a habit are generally calmer, less stressed and leave school on a Friday knowing they are top of things, meaning any free time over the weekend can be spent on more enjoyable activities.

**Task: Now plan this week’s private study sessions and get your work organised. It may look a little different during this period of distance learning.**