

# The Power Hour

## Set Your Goals



*1-2 Minutes*

Decide what you want to accomplish during your study session.

## Study to Learn

*30-50 Minutes*

Use metacognitive study strategies:

- Active Reading  Preview, Question, Read/Recite, Review
- Active Problem Solving  Practice retrieving information without referencing content first. Then check for accuracy.
- Outlining
- Mind-mapping
- Summarizing
- Practice testing
- Comparing & contrasting concepts
- Create images, diagrams, infographics, etc.
- Flash cards
- Teaching
- Asking why, how, & what if questions

For more information and ideas on metacognitive studying, see the **Metacognitive Learning Strategies** [handout](#).

## Reward Yourself

*10-15 Minutes (Hint: Use a timer!)*

Take a break. Studies have shown that a mentally stimulating task during study breaks can help with learning- try gaming, Sudoku, or puzzles. Taking a walk, getting a snack, and/or hydrating are also great ways to use your break time.

## Review

*5 Minutes*

Briefly review what you just studied.

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## Consider: Interleaving

Research has indicated that switching between ideas when you study increases depth of understanding. Try 1-2 power hours on a single subject, then switch to another subject.

## Consider: Spaced Practice

Studies have shown that distributing your learning over time is more effective. Five hours spread over two weeks is better than five hours all at once. Start planning early and spread out your learning, including refreshers on previous topics.

WSU's Student Success Center offers academic support and counseling services at no additional cost to students. For assistance with any of these strategies, or for more information, visit your **Learning Specialist** by calling 509-358-7757 or make an appointment at [wsu.mywconline.net](http://wsu.mywconline.net).