

SUMMER 2022 DAILY STUDY BREAKDOWN – HOLTZ

Study Period & Focus	Accomplish/amount	Duration	Commence	Personalize
1 st MBE	10-15 Qs	1 hr.	8:30	_____
2 nd Substantive Review	8-12 pgs. Read & outline	1.5	9:30	_____
3 rd Memorize	12 rules/sets (on avg.)	1	11	_____
BREAK Food & walk outdoors (esp. 20-min. mile)		1	12 – 1	_____
4 th MBE	10-15 Qs	1	1	_____
5 th Substantive Review	8-12 pgs. Read & Outline	1.5	2	_____
6 th Essay work	Write 1 or outline 2	2	3:30	_____
BREAK Food & talk to friends and family		1-1.5	5:30 – 7	_____
7 th Sub Rvw OR Essays	8-12 R&O/Outline 2	1.5	7	_____
8 th MBE	10-15 Qs	1	8:30	_____
OT Comedy/camaraderie	Sitcom/sit around	Till bed	9:30 – 10:30	_____

Of course, you should pencil in a walk “around the block” every hour – about 5 mins. – with lots of stretching. And do plan on a daily exercise routine in the morning (though midafternoon is optimum) or during one of your breaks. Snack throughout the day to keep your sugar ‘highs’ and caffeine jags in check so as to maintain your level of concentration. Caveat: taper off the caffeine by 4pm to avoid sleeping issues. Make sure to get the sleep you need, whether it’s 7 or 9 hours each night; a fatigued brain erases (or just poorly retains) much of the gains from a (botched) study session. AND latest studies show that information you input just before sleep – even a short nap – is better retained due to the brain re-organization that occurs during shuteye. You will probably miss about three study periods (morning, afternoon, night) each week; that’s okay, it happens. But don’t try to double up the next day; just get back on the routine a.s.a.p.

If you are working full time, use the above scheduling for your open weekends. For workdays, try squeezing your memorization time into part of your daily commute, and try this focused schedule for workdays:

1 st MBE	10-15 Qs	1	Before work	_____
2 nd MBE	10-15 Qs	1	At lunch	_____
3 rd Sub Rvw/Essays	8-12 R&O/Outline 2	1.5	7pm	_____
4 th Memorize	6 rule/sets (on avg.)	.5	8:30	_____
5 th MBE	10-15 Qs	1	9:00	_____
OT Comedy/camaraderie	Sitcom/sit around	Till bed	10:00 – 10:30	_____

The key to effective prolonged studying is a balanced regimen, perseverance with flexibility (every time you fall off schedule, get back on), and attaining and/or maintaining a good humor. © 2009-22 John B. Holtz