

**Success is not an accident.  
A failure to plan is a plan to fail. **You need a plan!****

An average student needs to spend at least 3 hours studying outside of class for every hour spend in lecture and lab in order to pass the course. Human Anatomy, BIOL231 is a 3 hour per week lecture and a 3 hour per week lab course. This means that one needs to study 18 hours outside of class to do well. Below is a weekly plan that you should use and fill in. Be sure to show me every week sometime before class, after class, or during my office hours. It is best to study often for shorter periods of time rather than study less frequently for long periods of time. Keep your study periods less than 1.5 hours in length. Do not procrastinate because cramming for a test is the least efficient method for success.

<b>Sample BIOL 231 Weekly Study Plan</b>							
<b>Name:</b>					<b>Week#</b>		
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Morning</b>	1					1.5	1.5
<b>Afternoon</b>		1		1			
<b>Evening</b>			1.5		1.5	1.5	1.5
<b>Night</b>	1	1.5	1	1.5	1		
<b>Daily Totals</b>	2	2.5	2.5	2.5	2.5	3	3
<b>Week Total</b>	18						

<b>Actual BIOL 231 Weekly Study Plan</b>							
<b>Name:</b>					<b>Week#</b>		
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Morning</b>							
<b>Afternoon</b>							
<b>Evening</b>							
<b>Night</b>							
<b>Daily Totals</b>							
<b>Week Total</b>							