WHERE DOES THE TIME GO?

- Attending class
- Reading and doing other work for classes
- Attending office hours
- Reviewing and outlining
- Writing out answers to hypos and practice exams
- Extracurricular activities (student orgs, journals, pro bono, activism, etc.)
- Personal time/self care
- Applying for jobs/interviewing
- Other obligations
- Stress, anxiety, procrastination
YOUR JOB AS A STUDENT

• Do the reading
• Do other work for class
• Attend class
• Review/outline (start now and do it regularly)
• Write out answers to hypos and practice exams
• Attend office hours if you have questions
**WHEN TO DO IT?**

<table>
<thead>
<tr>
<th>September</th>
<th>October</th>
<th>November</th>
<th>Reading Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go to class</td>
<td>Create a schedule</td>
<td>Stick to your</td>
<td>Finish outlining</td>
</tr>
<tr>
<td>Read for class</td>
<td>Read efficiently</td>
<td>schedule</td>
<td>Practice exams</td>
</tr>
<tr>
<td>Go to office hours if you have questions</td>
<td>Begin outlining</td>
<td>Read efficiently</td>
<td>Create a schedule for the exam period</td>
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<td>Write hypo answers</td>
<td>Outline</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Create a work plan</td>
<td>Practice exams</td>
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<td>Office hours</td>
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TIME MANAGEMENT = ATTENTION MANAGEMENT

CREATE A SCHEDULE

MINIMIZE DISTRACTIONS

OVERCOME PROCRASTINATION
CREATE A SCHEDULE

- Reflect on when and where you study best
- Break up the day into small chunks of time
- Include breaks for other obligations
- Breaks can be meals, movement, relaxing, checking email, etc.
- Schedule more difficult tasks during your best study times
- Be realistic

Be realistic
Avoiding Distraction and Procrastination

- Avoid reinventing your schedule unless it’s truly not working; go on “autopilot”
- Pomodoro technique: use a timer to break down work into intervals separated by short breaks. Set specific goals for each small chunk of time.
- Partner with a friend or study group to set goals and hold each other accountable
- Be mindful and intentional about how you spend your time
- When you are in class or studying, leave your phone in a different room. Check it during breaks or only during specific times.
Anxiety about not being “good enough” or fear of failure
Confusion about what the first steps of the task are or how to begin
Confusion about what needs to be done or how to do it
Confusion about how to divide up a large or overwhelming task
IDENTIFY & ADDRESS WHATEVER IS HOLDING YOU BACK

Reflect
- Check in with yourself and ask: "Why am I avoiding this task?"

Get advice
- Ask your prof or ASP fellow about how to get started, how to divide up the task, a timeline for completion, etc.

Organize
- Use organizational tools such as a to-do list, schedule, calendar, timer, reminders, etc.

Repeat
- Celebrate your successes!
- Reflect on the process
- Adjust your process/get more advice as needed
READ EFFICIENTLY

- Why is this case important/helpful? What does it tell us that we didn’t already know?
- Eliminate case briefs; take notes in the notes in the margins
- Eliminate Quimbee and other aids unless on-call or lost
- Less focus on the case itself, more focus on why it is important
- What can you take from the case that will help you on the exam?
OUTLINING

- No magic, not Mt. Everest
- Review your class notes and pull out the important stuff → what will help you on the exam?
- Consider policy
- Don’t get lost in too many resources
- Use another student’s outline as a template to get you started, but ultimately create your own outline
- An outline is a very personal tool; its value lies solely in how helpful/useful it is to you
WHEN IN DOUBT, PRACTICE!

Practice and testing are highly effective learning methods. Passively reviewing/reading information is not.

Practice way more than you think! If you are wondering whether you should review your notes or do a hypo, do the hypo.

First work through practice questions slowly to help you learn the material and develop a systematic approach.

Later do timed practices to simulate the pressure/adrenaline.

Compare your answer to a friend’s or a sample answer – look for IRAC structure and a detailed analysis of the facts.
TAKE CARE OF YOURSELF

- Develop a routine to facilitate good sleep (lots of articles on this)
- Include movement in your schedule (walk/jog/roll, stretch, yoga, etc.)
- Schedule time for loved ones and activities that make you happy
- What will you do when you feel stressed? Have a plan and write it down.
- Practice controlled breathing and/or meditate (UCLA has a free app)
- Practice self-compassion and other self-care strategies
- Communicate with your friends/family/partner about what you need or what they can do
RESOURCES

**Berkeley Law Student Services**
280 Simon Hall
510.643.2744
*Not 100% confidential.*

**UCB Counseling Services**
2222 Bancroft Way
uhs.berkeley.edu/students/counseling
510.642.9494
*Confidential*

**Berkeley Law Psychologists**
Dr. Linda Zaruba
zaruba@berkeley.edu
Dr. Christine Chang
cchang@berkeley.edu
*Confidential*

**Confidential Care Advocate**
510.642.1988
*Confidential*