

Transcript

Finding Pockets of Time to Study

Pockets of time are the short, 10–20-minute moments of the day that we may spend waiting, travelling, or doing chores.

Make a list of the pockets of time in your day. For instance

- ✓ Taking the bus to work – 15 minutes;
- ✓ Waiting for a meeting to start – 5 minutes;
- ✓ Cooking dinner – 25 minutes.

These short pockets of time become more significant when totalled across the week.

Next, break down your study into short tasks. For instance

- ✓ Reading an online article – 15 minutes;
- ✓ Searching key terms for a new topic – 5 minutes;
- ✓ Listening to a lecture – 25 minutes;

Can you see how some of your tasks might fit into your daily pockets of time?

Try using these hidden in-between moments to study. Challenge yourself to cross things off your task list every day, and maximise your study time.