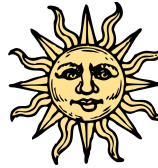


Discovering Your Peaks and Slumps

The Chart on the right shows typical hours of the day. Below is a list of activities. Decide when during the day you prefer to do each activity. Write the activity **number** on the chart in the correct time slot. You may place an activity in more than one time slot.

1. Concentrate on memorizing.
2. Work on hard math problems.
3. Sit and relax.
4. Take a nap.
5. Do creative writing.
6. Do house hold chores.
7. Sit and talk to a friend.
8. Plan a class presentation or write a speech.
9. Exercise or work out.
10. Do easy review work.
11. Do problem-solving kinds of homework.
12. Type or copy notes.
13. Move around; too restless or sleepy to sit.
14. Eat.
15. Organize your notebook, notes, or study materials.



5:00 A.M. – 7:00 A.M.	# _____
7:00 A.M. – 9:00 A.M.	# _____
9:00 A.M. – 10:00 A.M.	# _____
10:00 A.M. – 12:00 noon	# _____
12:00 noon – 1:00 P.M.	# _____
1:00 P.M. – 3:00 P.M.	# _____
3:00 P.M. – 5:00 P.M.	# _____
5:00 P.M. – 7:00 P.M.	# _____
7:00 P.M. – 9:00 P.M.	# _____
9:00 P.M. – 11:00 P.M.	# _____
11:00 P.M. – 1:00 A.M.	# _____



Looking for patterns – Follow the directions below. Place a symbol on each number in the chart that you can complete.

On your chart, STAR :	1, 2, 25, 8, 11	These activities require peak alertness and concentration. These times are good times for you to do the “serious studying.”
On your chart, Circle :	10, 12, 15	These activities require a lower level of concentration.
On your chart, Box in :	3, 4, 6, 7, 9, 13, 14	These activities can be done without much concentration. These hours are your “slump” hours for studying; try to avoid putting study blocks at this time of the day.

Now look for patterns in your time chart. If a time block has all stars or stars and circles, this could be an excellent study time block for you. If a time block has all boxes, this is not a good study time. If you have time blocks that have mixed symbols, these could still be used for effective studying. IF you use concentration strategies that keep your mind focused and keep you away from the “other tendencies” you might have at that time.

For The Record

1. What are your best times for high concentration? _____
2. What are the times for medium concentration? _____
3. What are the times for low concentration? _____
4. Do you think you will be able to use high concentration and medium concentration times for studying this term? _____ Explain: