Each person has an attention span. The time we spend in good study is heavily dependent on our attention span. Most people will sit down and be very attentive for the first bit of attention span and then have to pull themselves back up every few minutes, but they never achieve full attention until the very end of their study time. See chart above.

If you want to optimize your study time you’ll need to follow the steps on the back of the page. This will help you not only study smarter, but you’ll have a little fun in the breaks which relieves stress. Your overall retention of material will be higher and you’ll hardly feel like you “worked.”
Your Brain on Breaks—How to Optimize Study Time

Here’s how it works:
1. You have to first determine your attention span—it’s different for everyone.
   Determine your attention span by doing something that you aren’t crazy about, starting a timer and then stopping the timer when you have started to drift from focus. Do this several times and take an average.
2. You’ll want to multiply that “attention span” by 3, which is now your new study time.
3. Plan to take a break that equals your “attention span.”

For the example we’ll use an attention span of 10 minutes.
Start studying at 8:00.
Stop studying at 8:30 and do something you think is fun…the “key” here is to do something you can break away from in 10 minutes.
Start studying again at 8:40.
Stop studying at 9:10.

And so on.

This is a tried and true method of giving you the most amount of QUALITY study time over long periods of time. The amount of material you will retain and produce will increase dramatically.

And I guarantee that if you follow this study plan you will be able to perform to the absolute best of your ability.