

# Study Schedule Builder

Build an evidence-based weekly study schedule using spacing and interleaving

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30– 4:00	Break / Snack				
4:00– 4:25					
4:30–4:55					
5:00– 5:25					
5:30+	Free time				

## Study Schedule Principles

- 1 Spacing effect: Spread study across multiple short sessions rather than one long block — retention doubles
- 2 Interleaving: Mix different subjects within a session rather than blocking one subject at a time
- 3 Time boxing: Use 25-minute focused blocks with 5-minute breaks (modified Pomodoro for kids)
- 4 Hardest first: Tackle the most demanding subject when energy is highest (usually first block)
- 5 Review before new: Spend 5 minutes reviewing yesterday's material before starting today's
- 6 No multitasking: Phone away, single browser tab, one subject at a time

## Optimal Study Environment

- Consistent study location used only for studying
- Phone in another room or in a timed lockbox
- Adequate lighting (natural light preferred)
- All materials gathered before starting (no 'getting up to find things')
- Water bottle at desk (dehydration impairs cognition)
- Background noise: silence or instrumental music only (no lyrics)
- Timer visible for time-boxing sessions
- Snack eaten before study block, not during

The after-school break is non-negotiable. Kids need 20–30 minutes of physical activity or unstructured play before their brain can shift into study mode.

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