

Table 1 Demographic and academic characteristics of the study sample^a

Characteristics	<i>n</i>	%
Sex		
Male	185	53.2
Female	163	46.8
Age group (n = 346)		
< 20 years	46	13.3
20–25 years	297	85.8
> 25 years	3	0.9
College level (year) of students		
Second	89	25.6
Third	89	25.6
Fourth	82	23.6
Fifth	40	11.5
Sixth	46	13.8
GPA in previous semester (n = 344)		
< 2.5	3	0.9
2.5–3.5	51	14.8
> 3.5 to 4.5	178	51.7
> 4.5	112	32.6
Did you fail any subjects last semester?		
Yes	17	4.9
No	331	95.1
Which days did you assign for at-home study? (n = 345)		
All days of the week	20	5.7
> 3 days per week	47	13.6
< 3 days per week	100	29
Day before examination	178	51.6
How many hours did you spend for study on the days you assigned? (n = 344)		
< 4	118	34.3
4–6	107	31.1
>6 to 8	56	16.3
> 8	63	18.3

^a = 348 unless otherwise indicated.

GPA = Grade Point Average.