Well, even if you don't have any study buddies to practise with, it is still perfectly alright. Some tips for you:

1. Always go over the renshu for the next lesson, so that everything in class is just a revision for you.

2. Listen to the CD.

3. Practice the renshu. Don't only listen and listen, repeat the sentences loudly until you are quite fluent in it and is confident in using it without looking at the book. Somewhere near the fluency of the CD will be ideal, but about 70% near will be good enough.

4. Don't only listen to the CD right before the class, do it **the night before**. Ideally **before you go to bed**. The reason is, when you sleep, your brain neurone will start to grow and hence your memory becomes better. You will be surprised. Let's say you practise it on Thursday night, and you reached only 60% fluency, you go to bed, wake up... you can reach up to 90% fluency. It's no joke. It is the same as I played piano last time too... keep missing a note... went to bed... wake up... can play well. It works for learning anything in general. The period of time before you go to bed is always ideal for memorizing anything. That explains the importance of sleeping at least 8 hours the night before any test.

5. Consistency is also very important in language learning. Never procrastinate a thing. Do it slowly, steadily, consistently.

By following the above steps, it should allow you to do reasonably ok in class. At least it works for me ;)

My average preparation time before each tutorial is about 1.5 hours the night before (including memorising vocab for tests). You may wish to use that as a guide as well.

Another solution of course is to have a friend to practise with, you will be practising with them during your break time, free time, leisure time etc, hiding the fact that you are also preparing for class at the same time. In another words, you made preparing for class your leisure time. Which to me is about the same as practising yourself, if you don't have a partner, considering the amount of time you take to practising with your friend... should be about the same. Depends on how you see it.

I have taken other language modules in NUS before, but I think Japanese is the only one that is conducted in such a way that you can do well even without a practise friend. The main reason is, everything that will be gone through in class is exactly stated in the student packet, no more no less. So you just make sure you can do every of them reasonable well before a class... you are on your way to go.