

Study Skills

Time Management

- Understand how time is spent
- Keep records of how much time is spent in class, studying, visiting friends, working and eating
- Start a daily weekly planner
- In order to use your time wisely, put your assignments in a priority order with the most difficult first

Focus

- Leave your emotions behind
- Get rid of distractions
- Get main points
- Conquer procrastination

11 Ways to Improve Study Skills

- Study in short, frequent sessions
- Take Guilt-Free Days of Rest
- Honor your emotional state
- Review the same day
- Observe the natural learning sequence
- Don't use exaggeration
- Prepare your study environment
- Respect "Brain Face" you're not stupid if you cannot remember things
- Create a study routine
- Set reasonable goals
- Avoid frustration enemy