

MAKE SLEEP A PRIORITY

DO NOT NAP DURING THE DAY

1

GET YOUR SLEEP SCHEDULE BACK ON TRACK

GET UP AT THE SAME TIME EACH DAY

CREATE A RELAXING BEDTIME ROUTINE-PUT YOUR PHONE AWAY WHEN YOU GET IN BED

https://www.pinterest.com/pin/32859206402205444_1037296717_100-09m0y05/



BALANCED SCHEDULE
INCLUDE TIME FOR SLEEP, EXERCISE, MEALS, STUDY AND OTHERS (USE A PLANNER)

PRIORITIZE TASKS
BY WHAT IS MORE URGENT AND IMPORTANT

2 PLAN OUT YOUR WEEK/DAY

RECOGNIZE YOUR LIMITS
PICK WHAT MATTERS MOST AND SPEND YOUR TIME DOING IT

PLAN TIME TO REVIEW COURSEWORK FOR THAT WEEK

5

Reward Yourself

for big or small accomplishments!
Have your favorite snack, catch a movie or go on social media. You need time to relax!



AVOID SCHEDULING MARATHON STUDY SESSIONS
SHORTER STUDY SESSIONS. PLAN A BREAK IF YOU DO STUDY IN LONG SESSIONS.

3

PLAN YOUR STUDY SCHEDULE

BE AWARE OF YOUR BEST TIME OF DAY
SCHEDULE THAT TIME TO STUDY YOUR MOST DIFFICULT SUBJECTS

STUDY DIFFICULT OR BORING SUBJECTS FIRST
BECAUSE YOU NEED CREATIVE ENERGY FOR IT.



AGREE WITH LIVING MATES ABOUT STUDY TIME

or put a "do not disturb" on your door

SAY "NO"

to unnecessary requests by telling you are busy educating yourself.

4

TIME SAVER TIPS!

LIMIT DISTRACTIONS

Put your phone on "Do not disturb" or put it out of sight

HAVE A STUDY BACK-UP PLAN

Have short study tasks ready to do when something unexpected comes up!