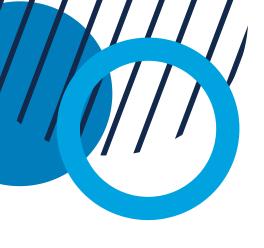
# 

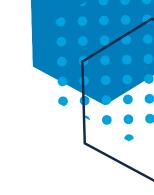
Manage your time & get organised!





Peer-Supported Learning Centre





Spacing studying out to intervals instead of large blocks of time

Make time visible - wear a watch, set timers, block time off on a calendar

Prioritise tasks

Create a daily schedule

Do the simplest tasks first

Take Breaks!

Use a time-tracking tool

Focus-To-Do







## ORGANISATION

Set specific, measurable & realistic goals

Keep a detailed calendar/schedule of due dates and planned study

Use proper labels

Create folders

Accountability - Study Buddy or Group

Keep a clean environment

Track progress

To-Do/Check List

Write everything down!





Studying to music can:

Aids Memory Recall

**Improves Focus** 

Increases **Motivation** 

### **Best genres:**

- Classical
- Instrumental
- Video Game
- Lo-Fi



**Check out Spotify for** playlists!

