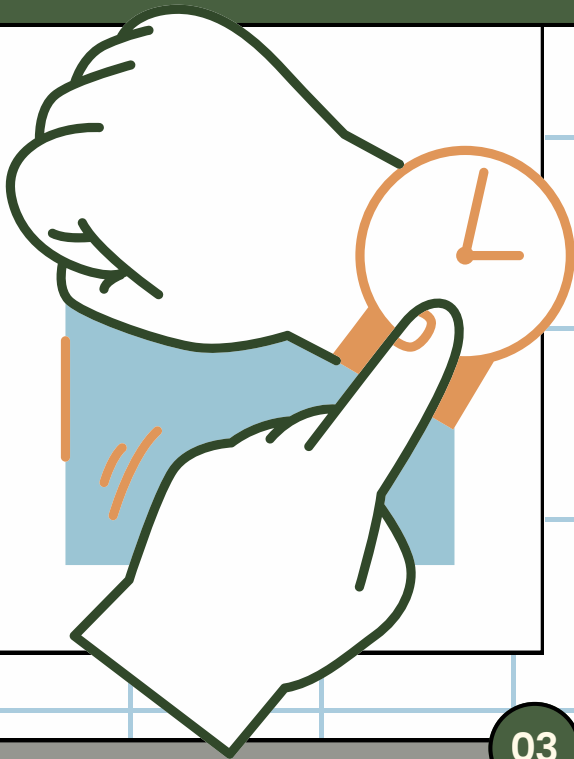


TIME MANAGEMENT ADVICE FOR STUDENTS

ESTABLISH A ROUTINE

01

Create a consistent daily schedule that includes times for studying, meals, and relaxation to enhance focus using a weekly planner.



Click here!



SET SMART GOALS

02

Define clear, achievable objectives for each study session (e.g., "I will complete chapter 3 problems and review the lecture notes").

Click here!

PRIORITIZE TASKS

03

Use a prioritization system to distinguish between urgent and important tasks, focusing on high-priority items first.

Click here!

INCORPORATE BREAKS

04

Schedule regular breaks (5-10 minutes) to refresh your mind and maintain productivity. See the next page on how to!

POMODORO TECHNIQUE

WHAT IS IT?

The Pomodoro Technique is a time management method that helps improve focus and productivity by breaking work into short, manageable intervals over a 2 hour period.

THE POMODORO TECHNIQUE

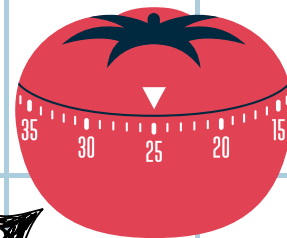
START HERE!



= 25 MINUTES OF FOCUS/ WORK SESSION

BENEFITS:

- Enhances focus and productivity
- Reduces mental fatigue
- Encourages regular breaks to maintain energy



2 HOUR STUDY WITH ME!
CLICK OR SNAP A PICTURE
OF THE QR CODE

Weekly Planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6.00-6.30 am					
6.30-7.00					
7.00-7.30					
7.30-8.00					
8.00-8.30					
8.30-9.00					
9.00-9.30					
9.30-10.00					
10.00-10.30					
10.30-11.00					
11.00-11.30					
11.30-12.00 pm					
12.00-1.00					
1.00-1.30					
1.30-2.00					
2.00-2.30					
2.30-3.00					
3.00-3.30					
3.30-4.00					
4.00-4.30					
4.30-5.00					
5.00-5.30					
5.30-6.00					
6.00-6.30					
6.30-7.00					
7.00-7.30					
7.30-8.00					
8.00-8.30					
8.30-9.00					
9.00-9.30					
9.30-10.00					
10.00-10.30					
10.30-11.00					
11.00-11.30					