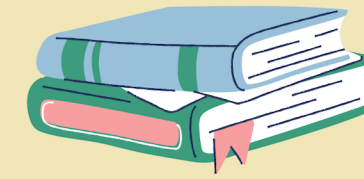




STUDY TIPS

STUDY TIME:



HERE ARE SOME TIPS TO HELP YOU MAKE THE BEST OF YOUR STUDY TIME:

Pick a steady time everyday for your study. This helps you to build a consistent study habit.

Find a quiet place for your study. This helps you focus during your study.

Remove every gadget when studying so you can concentrate on your study and make the best of it.

Use the technique below (THE POMODORO TECHNIQUE) to help you stay refreshed during your study:

1. Instead of trying to read for one full hour, break your time into sections.
2. Read for 25 minutes, then take a 5-minute break to stretch your legs, drink water or just walk around.
3. After the 5-minute break, return to your reading and repeat the process.

REMEMBER:

Studying is the preparation you need to become exceptional. It is a worthwhile investment.



