Procrastination
Cramming
Stress

- Irregular sleep patterns
- Unhealthy eating habits
- Increased heart rate
- Nervousness
- Fatigue
- Fidgeting
- Confusion
- Forgetfulness
- Impaired ability to problem solve
- Irritation
- Frustration
- Isolation
Maslow’s Hierarchy

- **Physiological**
  - (Health, food, sleep)

- **Safety**
  - (Shelter, removal from danger)

- **Belonging**
  - (Love, affection, being a part of groups)

- **Esteem**
  - (self-esteem and esteem from others)

- **Self-actualisation**
  - (Achieving individual potential)
The Learning Process

- Initial introduction to new information
- Temporary retention
- Multiple additional exposures to the new information
- Retention of information
Time Management

- Develop a realistic study schedule
- Include planned breaks or changes in activity
- Aim for multiple, short sessions as opposed to a single sit down
- Eliminate distractions
- Adjust original schedule to reflect your progress
Quality of Study

- Gather the supplies you will need
- Develop habits that work for you
- Create study groups
- Make a list of things to accomplish
- Vary your study habits

- (VARK Questionnaire: visual, aural, kinesthetic)
Manage your time.
Cultivate study habits that are effective for you.