



How to Prep For Culminating Tasks

By Sara & Kalista

How to Manage Your Time

:Prepping for Culminating

Create a Study Schedule

When creating a schedule you can use apps like notion to make to do list and plan out your weekly schedule



Prioritize Tasks

Make sure you are studying and planning for tasks that are important and urgent



Balance

Remember you won't be able to complete anything to the full potential without balance and rest



Avoid Time Wasters

Instead of wasting your time checking your phone or waiting for the perfect time to start tasks just start!



Study Smarter, Not Harder:

Effective Study Strategies

NOTE: It's okay to not get it YET—keep trying different strategies!

POMODORO TECHNIQUE



Study for 25 minutes, then take a 5 minute break. **It helps maintain focus and prevent burnout!**

ACTIVE RECALL



Use flashcards or teach the material to someone else. **It strengthens your memory by actively engaging your brain!**

GOOD STUDY ENVIRONMENT



Find a quiet, well-lit space away from distractions. **Doing this will improve your concentration!**

AVOID MULTITASKING



Focus on one subject or task at a time. **This will easily boost your efficiency!**

SPACED REPETITION



Review material again and again, with more time in between. **Over time, it will improve your long term memory!**