How to Prep For Enlimetine JES 25

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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

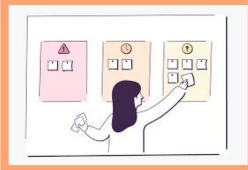
Balance

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 MULTITASKIN G



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!