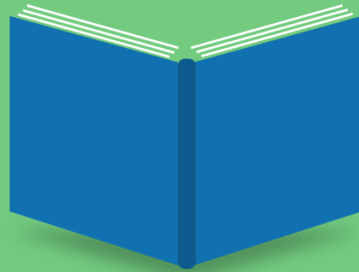


How to Study Effectively



- ☐ 1. Study for 30 minutes at a time.
- ☐ 2. Break. It. Up!
- ☐ 3. Set a Timer (for 30 minutes) and solely focus on a (single) task.
- ☐ 4. Take. A. Break
- ☐ 5. Sit at a desk.
- ☐ 6. Study with books.