

Studying Effectively

Be Intentional!

Create a plan! You wouldn't leave the house without knowing where you'd like to go, how you'll get to where you to be, and what you need!

Go through each of your courses on ICON, what do you have to do for the week, next week, or the month?

Urgent

Not Urgent

Do It

What needs to be done within the next couple of days?

Plan It

What needs to be done, but not at this moment?

Delete It

What tasks aren't urgent or important?

Delegate It

Does this have to be done by you? Who could help?

Prioritize

You can't get everything done at once, but you can create a game plan!

This helps reduce the mental gymnastics that comes with balancing college!

Use Effective Strategies

Power Hour

Set a timer for 45 minutes

- Focus only on working, eliminate all distractions

Take a 15 Minute Break

- Reward yourself by going on your phone, having a snack, or chatting with friends

Find
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on
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Active Reading

Memory Techniques

Note-Taking

We can only focus for so long!