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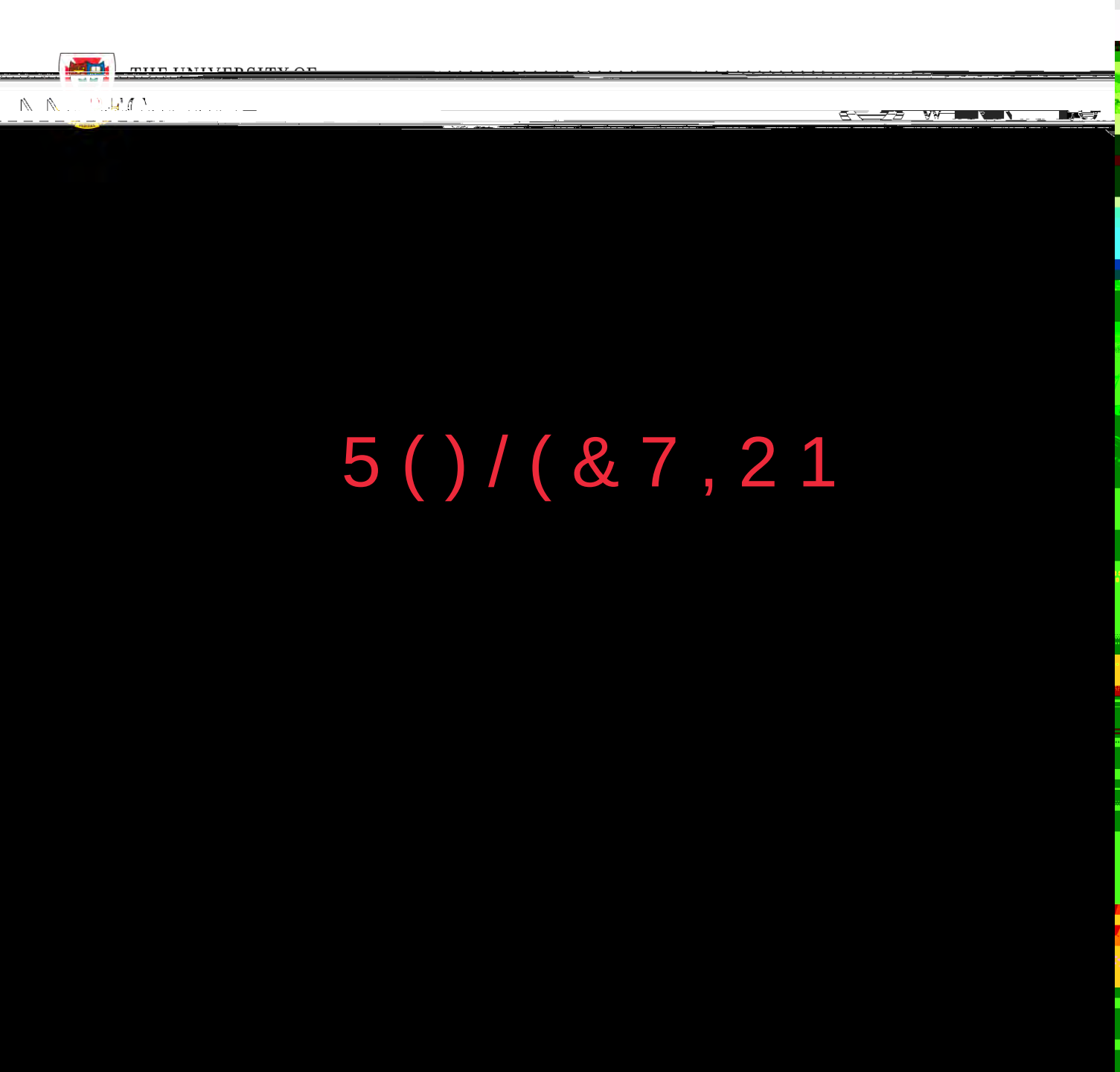
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:KHUH GRHV \RXU WLPH JR"

7KH DYHUDJH SHUVRQ VSHQGV
SHU GD\ RQ WKHLU VPDUW SKRQH

:KDW DERXW \RX"

'R \RX UHDOO\ NQRZ KRZ PXFK WLPH \RX
VSHQG RQ \RXU SKRQH"

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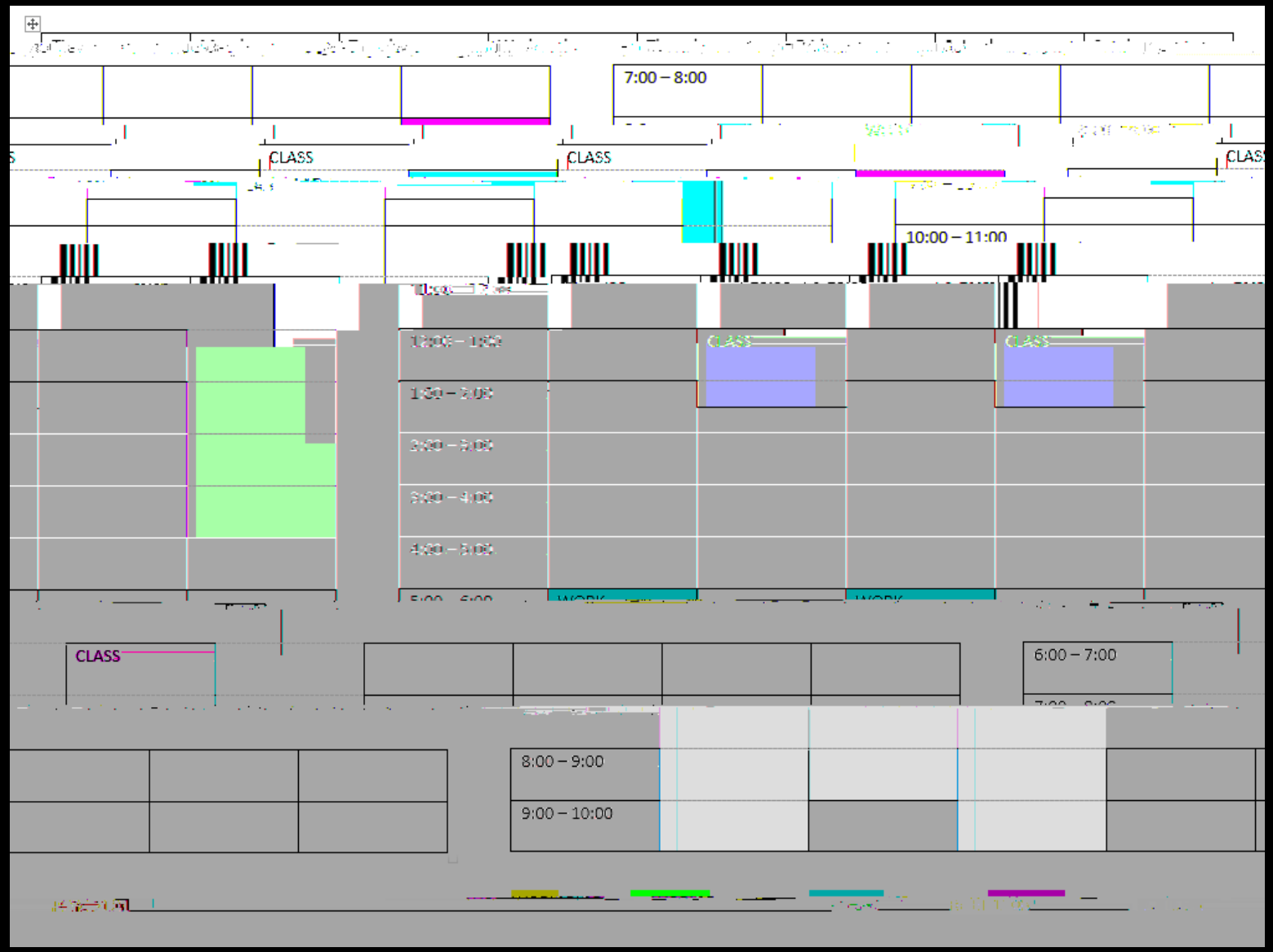

6WDUW ZLWK IL[H

$GG VWXG\ WLPH
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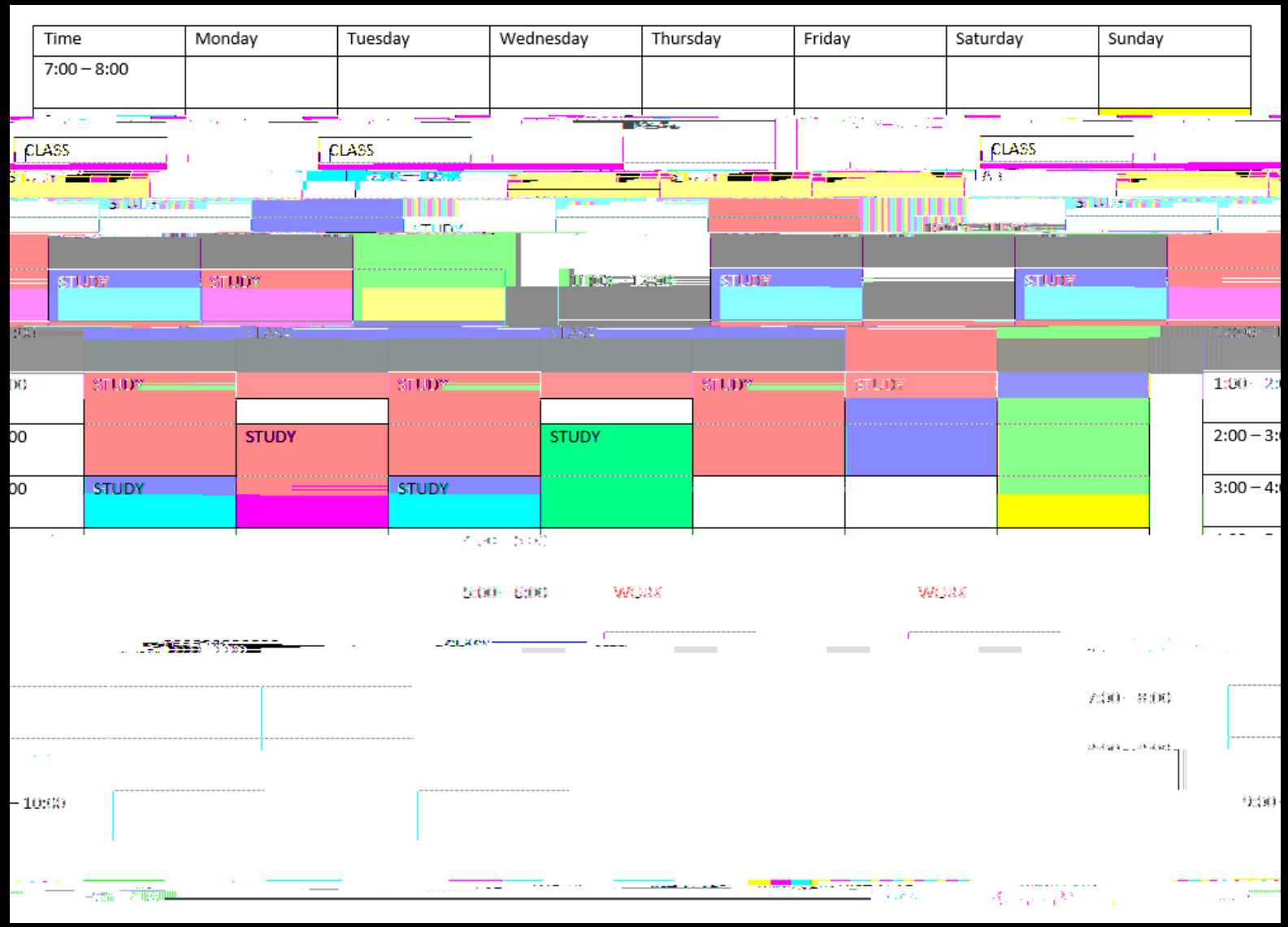

6WDUW ZLWK IL[H

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)LOO LQ \RXU GHDG
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$GG RWKHU FRPPLW
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\RX FDQ SODQ IRU H
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%DODQFLQJ 3ULRULWLHV

Studies

Friends

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Studies

Friends

Family

Work

7LPH 0DQDJHPHQ\ 6WHYHQ &RYH\

:ULWH GRZQ \RXU WDVNV ZLW

)LUVW GR WKH WKLQJV WKDW DQG LPSRUWDQW

7KH $%& 0HWKRG $OODQQHLQ

$±0XVW 'R

%±6KRXOG 'R

&±1LFH WR 'R

&RQVLGHU LPSDFWV DQG

English	Final Essay	December 1	C
Philosophy	Response Paper	October 2	A
Philosophy	Test #2	October 15	B
Grocery Shopping		Soon	A
Cleaning	House	September 27	B
Movie with	Jav	This weekend	C
Read	Ch. 15 for Political Science	September 28	A

3 U R F U D V W L Q D W L R Q

:K\ GR ZH SURFUDVWLQDWH"

- Find a productive study space
- Create boundaries

- Use a timetable
- Create a to-do list
- Set goals

- Incorporate enjoyable activities
- Reward yourself for reaching goals

- Break it down
- 15-minute rule
- Ask for help

- Don’t focus on perfection
- Ask for help

3UHSDUH IRU WKH 2EVWDFOHV

3ODQ IRU WKH XQH[SHFWHG

‡ $QWLFLSDWH SUREOHPV

‡ :KDW UHVRXUFHV DUH QHHGHG WR RYHUF

‡ :KDW REVWDFOHV KDYH \RX IDFHG LQ WKH GLIIHUHQWO\ LQ WKH IXWXUH"

:KDW FDQ , JR IRU KHOS"

:KDW LI WKHVH WLSV GRQ¶W ZRUN" :KDW LI RU ³IUR]HQ´"

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To pass my Calculus Final Exam	Yes	Schedule an appointment at the Tutoring Centre	Today	A new pair of slippers OR
		Come up with a list of questions for the tutor	Sunday	A visit to the Riverwalk at the Forks
		Review my assignments	Sunday	

What happens when we meet our goals?

- It's okay
- You can always revise your goals or try again
- Even if you don't meet your stated goal, you will likely have accomplished something

)RU PRUH LQIRUPDWLRQ

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KWWSV ZZZ XZLQQVLNSLHOJOFD VWXG

25

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6WXGHQW6$HENV„$GYLKR

$FDGHPLF &RDFK

- 0HHW ZLWK 6WXGHQW 6X
- /HDUQ SUDFWLFH VNLOOV
  - $VVLJQPHQW 2XWOLQHV
  - 7LPH 0DQDJHPHQW
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- 6FDQ 45 FRGH DQG VXEPL
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