A laptop is open on a wooden desk. The screen shows a handwritten calendar for a month. The word 'SCHEDULE' is written at the top in blue. The calendar has various entries: 'ANNUAL LEAVE' circled in yellow on the 6th, 'Anna Birthday' on the 11th, 'Dinner with him' on the 12th, 'MEETING WITH MR. JONE' on the 17th, 'OLD 25 reunion' on the 19th, 'Monthly Report' on the 30th, and 'Dinner with Family' on the 27th. There are also some dates with asterisks. A yellow semi-transparent box is overlaid on the calendar, containing the text 'Getting organized to study' in large black font. To the left of the laptop is a brown paper coffee cup with a white lid. To the right are a pair of copper-colored headphones and a smartphone.

# Getting organized to study



Create a dedicated space

A photograph taken from a high angle, looking down at a person's back and arms. The person is wearing a black t-shirt and has their hands pressed against a white wall. In the center, between their hands, is a round, black analog clock with white numbers and hands. The clock shows a time around 10:10. A semi-transparent blue horizontal bar is overlaid across the middle of the image, containing the text "Find a regular time" in a large, black, sans-serif font.

Find a regular time

# Get organized

CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			






**Eliminate distractions**



Figure out what works for you

A silver laptop sits on a wooden desk. The screen displays a calendar with a yellow highlight and the text 'Good study techniques'. The calendar background shows dates from 13 to 30 with various handwritten notes like 'ANNUAL LEAVE', 'Design Team Meeting', 'MEETING WITH MR JONES', and 'Monthly Report'. To the left of the laptop is a brown paper coffee cup with a white lid. To the right are a pair of rose gold headphones and a smartphone with a red case.

# SCHEDULE

# Good study techniques




Create one goal for each session



A close-up photograph of a man with dark skin and glasses, looking down and to the left with a thoughtful or stressed expression. His right hand is pressed against his forehead. He is wearing a light-colored, short-sleeved shirt and a watch with a white face and an orange strap on his left wrist. The background is a blurred, light-colored wall.

Begin with difficult material

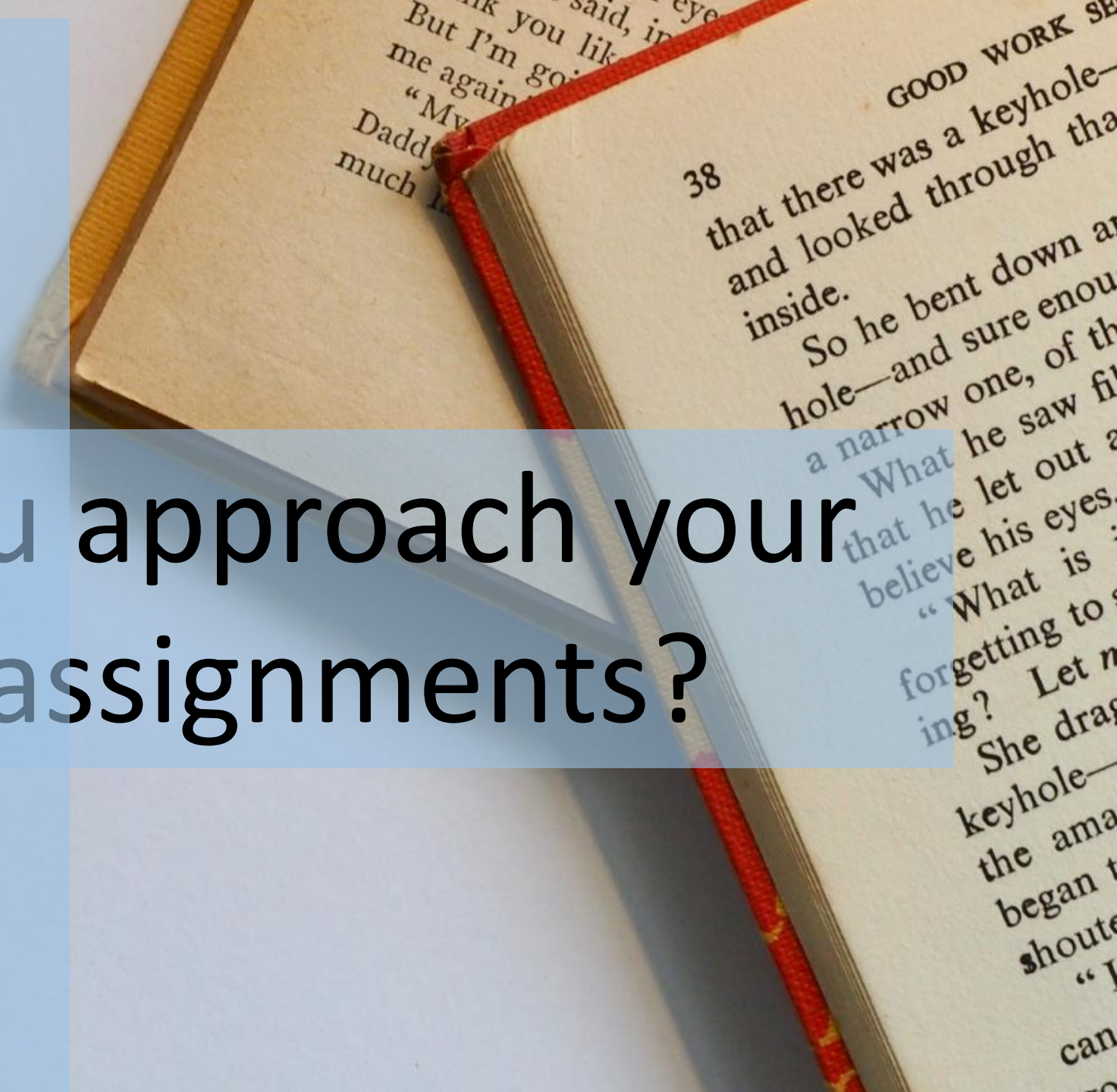


Rewrite your notes

A photograph of a man with glasses and a dark t-shirt sitting at a desk, reading an open book. He is smiling and looking upwards. On the desk, there is a laptop and a desk lamp. The background is a plain wall. A semi-transparent blue horizontal bar is overlaid across the middle of the image, containing the text 'Memory games' in a large, black, sans-serif font.

# Memory games

- Turn to end of chapter
- Read summary first
- Read all of review questions
- Go back and read chapter



# How do you approach your reading assignments?

A man with a beard and glasses, wearing large black headphones, is reclining in a black office chair. He is wearing a blue and white striped button-down shirt and a blue tie. He has a joyful expression, with his mouth open as if laughing or speaking. His right hand is raised near his head, and his left hand is resting on his lap. The background is a bright, out-of-focus office space with white shelves and a window. A semi-transparent blue banner is overlaid across the middle of the image, containing the text "Take a break. Reward yourself." in a bold, black, sans-serif font.

**Take a break. Reward yourself.**

A close-up, high-angle shot of Morpheus from the movie The Matrix. He is wearing his signature black sunglasses and has a serious, intense expression. The background is blurred, showing what appears to be a city street scene.

**WHAT IF I TOLD YOU**

**THE ANSWER IS IN THE SYLLABUS?**

