



## Halfway there- Livin' on a Prayer!



**Prioritize:** Knowing that you only have so much energy to give right now, prioritize the assignments that are worth more of your grade or are due sooner to complete first.

**Goals:** Have set goals of what you will complete each day. Make them manageable so you are more likely to complete them rather than become overwhelmed that you are pushing assignments into tomorrow's 'to dos'



**Schedule:** By having deadlines for yourself, your motivation to complete work will increase and you will be less stressed having mapped out your study plan. (Alarms will help you stick to this schedule).

**Remember that this is temporary:** The stress you have to complete assignments or study for exams is only temporary. The sooner you get it done, the sooner your stress levels decrease.

**Scan the QR code to make an appointment with the BUGS study skills tutor!**



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