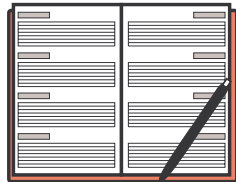


1 Use & follow a schedule.



2 Write down your academic, social, and athletic activities on your schedule.



3 Complete the most important activities first.



4 Get organized!
Have your notes, books, pencils, papers, assignments, etc. ready to use!



5 Plan for unexpected interruptions!



6 If you work, arrange your work schedule around your study schedule.



7 Avoid Procrastination!

8 Stick to your schedule!

