

B	I	N	G	O
Use your calendar	Be realistic about what you can accomplish each day	Eliminate distractions	Schedule breaks between tasks	Make a to-do list
Don't multitask	Sleep well	Plan ahead	Change studying environment if you're feeling unmotivated	Put a time limit on tasks
Set reminders	Create a daily plan	FREE	Mute your group chats on your phone	Get rid of distractions
Keep a time log for a few days	Schedule relaxation time	Learn to say no	Prioritize wisely	Schedule rewards
Get organised	Figure out when you're most efficient	Make time to prepare before hand	Create a weekly plan	Do a little bit each day

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Mute your group chats on your phone	Make a to-do list	Create a daily plan	Set reminders	Create a weekly plan
Schedule breaks between tasks	Get rid of distractions	Keep a time log for a few days	Sleep well	Change studying environment if you're feeling unmotivated
Wear a watch	Make time to prepare before hand	FREE	Don't multitask	Eliminate distractions
Prioritize wisely	Put a time limit on tasks	Plan ahead	Schedule relaxation time	Do a little bit each day
Be realistic about what you can accomplish each day	Use your calendar	Work smarter not harder	Don't wait for inspiration-now is the time	Figure out when you're most efficient

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Mute your group chats on your phone	Don't multitask	Prioritize wisely	Don't wait for inspiration-now is the time	Change studying environment if you're feeling unmotivated
Be realistic about what you can accomplish each day	Work smarter not harder	Wear a watch	Do a little bit each day	Sleep well
Don't stress about the small details	Schedule relaxation time	FREE	Learn to say no	Put a time limit on tasks
Make time to prepare before hand	Keep a time log for a few days	Get rid of distractions	Create a daily plan	Schedule rewards
Create a weekly plan	Set reminders	Make a to-do list	Eliminate distractions	Plan ahead