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

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B	I	N	G	O
Mute your group chats on your phone	Make a to-do list	Create a daily plan	Schedule rewards	Create a weekly plan
Schedule breaks between tasks	Get to bed early	Keep a time log for a few days	Set reminders	Change studying environment if you're feeling unmotivated
Take a tech time out	Put a time limit on tasks	**FREE**	Make time to prepare before hand	Don't multitask
Figure out when you're most efficient	Plan ahead	Schedule relaxation time	Do a little bit each day	Prioritize wisely
Be realistic about what you can accomplish each day	Sleep well	Use your calendar	Don't stress about the small details	Get organised

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

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