

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

B	I	N	G	O
Set reminders	Do a little bit each day	Schedule breaks between tasks	Keep a time log for a few days	Create a weekly plan
Keep phone away	Sleep well	Change studying environment if you're feeling unmotivated	Use your calendar	Mute your group chats on your phone
Put a time limit on tasks	Make project plan	FREE	Create a daily plan	Make time to prepare before hand
Don't stress about the small details	Eliminate distractions	Plan ahead	Wear a watch	Schedule relaxation time
Don't multitask	Prioritize wisely	Be realistic about what you can accomplish each day	Make a to-do list	Track time taken for activities

B	I	N	G	O
Do a little bit each day	Work smarter not harder	Wear a watch	Don't stress about the small details	Create a daily plan
Schedule breaks between tasks	Mute your group chats on your phone	Eat on time and healthy	Change studying environment if you're feeling unmotivated	Use your calendar
Make a to-do list	Don't multitask	FREE	Put a time limit on tasks	Keep phone away
Eliminate distractions	Make time to prepare before hand	Keep a time log for a few days	Figure out when you're most efficient	Prioritize wisely
Track time taken for activities	Don't wait for inspiration-now is the time	Schedule relaxation time	Learn to say no	Be realistic about what you can accomplish each day