Name:		

Health and Life Skills 7: Studying Effectively

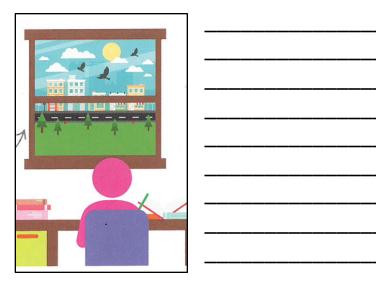
Effective learning depends not on the hours spent, but on how well students use their time.

Students should aim for a	study schedule that fits with their
and the time	es of the day when they
They should find a	where they can

Focused Learning

Short Bursts vs Long	Periods of Study Time
PROS of Short Bursts	CONS of Long Periods

Are you an Early Bird, or a Night Owl?



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	4	

Multitasking

How do you Multitask? What are some strategies you could use to prevent this?

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nization is important for studying successfully?	nization is important for studyi	ing successfully?