

Post-Exam Stress	Procrastination	Planning
No need to ask answers after exam	Make it a game if boring	Integrate into routine
Catch negative self-talk	Plan <b>NOT</b> a waste of time	KISS <i>keep it simple and specific</i>
Don't punish yourself	Be comfortable with unknown	Add 2-3 hrs grace time
Active Reading Strategies	Just start <i>you will figure it along the way</i>	Laziness
Read/Summary Method	Reflect your actions <i>deep purpose</i>	Get dressed
Think Like A Teacher Method	Create <i>study guide, practice test</i>	Clean environment
Mind Maps		Make weekly plan
Einstein Strategy		Check inspirational people and study inspo
Personnel Connection <i>drawing, make it funny</i>		Eat healthy, exercise, sleep well
Post-It-Notes Summaries <i>for novels</i>		
Practice Test	Motivation	
	Set 20 minutes on getting inspired <i>check study inspo, read book</i>	
	Clean and declutter	
	Make small changes	



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Not published yet.  
 Last updated 16th December, 2018.  
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