

The Successful Student

The successful student has a regular study schedule.

The successful student works to a timetable.

The successful student studies mostly in a regular study place each time.

The successful student studies for short periods with frequent rest breaks.

The successful student uses "distributed practice" to learn material for a course.

The successful student studies the hardest subjects first and saves the easiest for last.

The successful student reads the material before a lecture, and reviews the notes he/she took before the next lecture.

The successful student completes assignments to a scheduled timetable rather than leaving things until the last possible minute.

The successful student stays in the HERE AND NOW. If he/she notices a drift away, they bring themselves back to the present.