



B P H : A G R

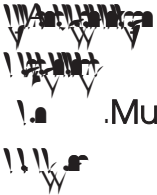
finishing your term

DE IGN Q REN IRONMEN



G C = I IBLE
B C = IN I IBLE

Seeing a textbook cues reading. Seeing a TV cues Netflix.



.Sit with your back to the TV

.Mute social media notifications.



arrange your environment so the good cues are visible



Seeing these will remind you of the tasks you need to complete.



Sitting at a table, leaning slightly forward over your work is one of the more focused positions to get work done.

rearrange furniture to optimize productivity.



This will help create a more motivating and supportive environment conducive to productivity.

BEING PROCRUSTIAN



BUILD A ROUTINE



1. HEN
2. HA

HEN

↓ schedule.

specific, concrete work periods

↓ small.

↓ more likely to work well for an hour than six hours

↓ breaks

↓.

HA :

W

smaller a task is, the easier it is

You do not have to complete an entire reading in one sitting. Break it up into sections.

Make lists

W prioritize

HEN HA

1: I

2: H

1.1

W

I BEHA IQ R TIME LOCA ION

W

I 2:00

2. H

W

A C RREN BAH IQ R, I NE BEHA IQ R,

W

CREATING AN ANTI-GRATIFICATION

rewards of homework are long-term

ways we can create instant gratification when it comes to our

%P C

&" H

P C

H

CONCLUSION BE KIND TO YOURSELF

many

call

fact

fact

fact