

## TIME TIPS

1. Count all your time as time to be used; make every attempt to get satisfaction out of every moment.
2. Find something to enjoy in whatever you do.
3. Try to be an optimist and seek out the good in your life.
4. Find ways to build on your successes.
5. Stop regretting your failures and start learning from your mistakes.
6. Remind yourself, "There is always enough time for the important things." If it is important, you should be able to make time to do it.
7. Continually look at ways of freeing up your time.
8. Examine your old habits and search for ways to change or eliminate them.
9. Try to use waiting time-review notes or do practice problems.
10. Keep paper or a calendar with you to jot down the things you have to do or notes to yourself.
11. Examine and revise your lifetime goals on a monthly basis and be sure to include progress towards those goals on a daily basis.
12. Put up reminders in your home or office about your goals.
13. Always keep those long term goals in mind.
14. Plan your day each morning or the night before and set priorities for yourself.
15. Develop and maintain a list of specific things to be done each day, set your priorities and get the most important ones done as early in the day as you can. Evaluate your progress at the end of the day briefly.
16. Look ahead in your month and try and anticipate what is going to happen so you can better schedule your time.
17. Try rewarding yourself when you get things done as you had planned, especially the important ones.
18. Do first things first.
19. Have confidence in yourself and in your judgment of priorities and stick to them no matter what.
20. When you catch yourself procrastinating-ask yourself, "What am I avoiding?"
21. Start with the most difficult parts of projects, then either the worst is done or you may find you don't have to do all the other small tasks.
22. Catch yourself when you are involved in unproductive projects and stop as soon as you can.
23. Find time to concentrate on high priority items or activities.
24. Concentrate on one thing at a time.

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25. Put your efforts in areas that provide long term benefits.
  26. Push yourself and be persistent, especially when you know you are doing well.
  27. Think on paper when possible-it makes it easier to review and revise.
  28. Be sure and set deadlines for yourself whenever possible.
  29. Delegate responsibilities whenever possible.
  30. Ask for advice when needed.
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## TIME MANAGEMENT TECHNIQUES

### Study When:

- Plan two study hours for every hour you spend in class.
- Study difficult (or boring) subjects first.
- Avoid scheduling marathon study sessions.
- Be aware of your best time of day.
- Use waiting time.
- Use a regular study area.

### Study Where:

- Choose a place that minimizes visual and auditory distractions.
- Use the library or empty classrooms. Get out of a noisy dorm.
- Don't get too comfortable. Sit (or even stand) so that you can remain awake and attentive.
- Find a better place when productivity falls off.

### You And The Outside World:

- Pay attention to your attention.
- Agree with roommates about study time.
- Avoid noise distractions.
- Notice how others misuse your time.
- Get off the phone.
- Learn to say no.
- Hang a "Do Not Disturb!" sign on your door.
- Ask: "What is one task I can accomplish toward my goal?"
- Ask: "Am I beating myself up?" (Lighten up, don't berate self).
- Ask: "Is this a piano?" (or, "Are you a perfectionist?")
- Ask: "How did I just waste time?"
- Ask: "Would I pay myself for what I'm doing right now?"
- Ask: "Can I do just one more thing?" (Stretch yourself).