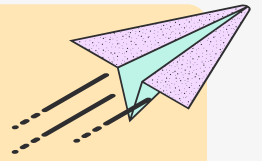


# PRE-LIMS

## LAB ACTIVITY



Ezon Busano

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10 GOOD STUDY HABITS TO DEVELOPE

Anybody can develop good study habits to make studying more effective, efficient, and make enjoyable.

- Find a good place to study.
- Minimize distractions.

- Take breaks.
- Take a short work
- Listen to a mood-boosting song.
- Stretch
- Meditate
- Have a snack
- Take a shower
- Set study goals for each session
- Take practice test.
- Create Flashcards
- Write your own questions
- Have a friend quiz you
- Use your own words.
- Take practice test.
- Sleep
- Food
- Exercise
- Mental Wellness
- Principles.
- Integrity
- Courage
- Patience
- Humility
- Empathy
- Persistence
- Synergy
- Use your own words
- Expressing an idea in your own words increases your understanding of a subject and helps your brain hang on to information. After you read a section of text, summarize important points by paraphrasing.
- Take care of yourself
  - Sleep