

Do Research

review 10 techniques of time management

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Ask people with experience

Ask upperclassmen for their techniques

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Time management tools

create a planner

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Campus resources

Use the library's quiet space for focus

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Set rules and boundaries

Set study hours

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Review goal setting templates

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Ask professors the best way to get their work done

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time auditing

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Use student organizations to combine socializing and learning

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Turn off phone notifications

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Ask friends what techniques work for them

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create time frames to do work

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Attend tutoring centers

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Ask your friends to not contact you when studying

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Use the Pomodoro technique

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Go to campus workshops to improve studying skills

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Create timers to limit time on social media

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Schedule research deadlines in apps like Trello or Todoist

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Reward yourself

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Set fixed cut-off time to stop studying and switch to personal activities

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