

After giving a thorough read to strategize the optimal time management, I opted “Keeping the Momentum” in my studies. In my point of view, I was able to achieve better results overall. By consistently putting in the effort and building the progress, I am improving the knowledge and skills, and will successfully achieve my desired academic goals.

By building momentum in studies, I became more efficient with my time. By working on a consistent basis, I avoided cramming and last-minute stress, and instead made steady progress towards goals.

Momentum helped me learn more effectively. In the flow of studying, I am able retain more information and make connections between different topics.

While keeping the momentum strategy in studies can be helpful in many ways, there are also some potential disadvantages to consider.

One potential downside of the momentum strategy is that it can lead to burnout if I push myself too hard for too long. By constantly studying and working to maintain momentum, I sometimes find myself exhausted or overwhelmed, which can ultimately harm my academic performance. Meanwhile focusing on maintaining momentum in studies, one can become less flexible in approach to learning. It can lead to less experimenting with new study methods or to take breaks when needed,

for fear of losing the momentum. This can lead to a lack of creativity and adaptability in your learning process.

In nutshell, for me to become successful I need to study with consistency, no matter a little or too much, depending on my energies but I should follow the consistency of doing it every day.