**Exercise 1:**

1. Do you have a set study space? If not, where do you usually work? If you do, describe the space.
   1. Yes, my room! A monitor, two laptops(one Mac, one windows), three keyboards(one mechanic, one magic keyboard, one amazon keyboard), a magic mouse and a regular mouse.
2. Is it possible to optimize your study space (either by finding a space to work consistently or making adjustments to your current workspace to better support your academic self?)
   1. It’s already good enough, I might just need to clean up some mess on my desk.
3. List competing priorities/anything that you need to take care of in the day to day that is not related to a/A.
   1. Nothing
4. Be accurate about time management.
   1. a/A
   2. HTML & CSS, JS in my free time
   3. Google data analytics program in my free time
5. Is there anything that has surprised you thus far?
   1. No

**Exercise 2:**

1. How have you dealt with stress in the past?
   1. Talking to people, sharing my thoughts & go to supermarkets.
2. When you are your most productive, how did you:
   1. Take care of your wellness?
   2. Set up your physical environment?

I’m not productive most of the time, I’m lazy.

1. Ideas for coping with stress
   1. Listen to music, don’t spend too much time on the phone, especially on social media apps.