

Here is the text from your images: --- Establish your prime study time Your prime study time (PST) is that time when your concentration is at its highest.--- Study the subject you are having trouble with during your PST Find a suitable room with comfortable furniture and good lighting Set a regular time to study Remove distractions Avoid clutter --- Types of Study Plans It is important to note that there are other study plans that a student can use, but we are choosing to focus on these because we feel that they are the most applicable to our students. You are often given a course outline beforehand so that it can help you in previewing. Studying with Breaks (cont.) Spaced study is good because if used well, the student will be able to lock what they are studying in their long-term memory (LTM) during the breaks. Preview Preview is reading about the topic you are going to be lectured on before the lecture. Preview gives you an upper hand because you will be able to follow and understand what the lecturer is talking about. It enhances your chances of retaining what is taught. You can also preview notes from the previous lecture so that you can understand the link between the previous lecture and the current lecture. Studying with Breaks Studying with breaks, also called spaced study, is a very good technique for studying. Humans thrive when they are rewarded. During the breaks, reflect on what you have studied. They can all be used simultaneously by one student. --- Types of Study Plans (cont.) 2.