

# SELF ADVOCATE



ASK  
FOR  
HELP!

TAKE **CHARGE**  
OF YOUR LIFE

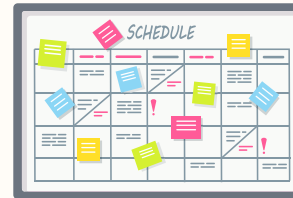
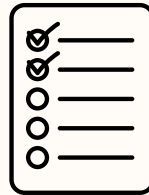
- Understand your needs
- Go to clinic or get a personal tutor
- Learn from your mistakes
- Don't be afraid of failure - it's a part of the path to success

# DON'T PROCRASTINATE



make a  
*plan*

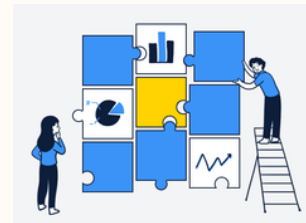
KNOW YOUR SCHEDULE



*set*  
**GOALS**

- SET PERSONAL DEADLINES
- SET TIMERS
- USE CHECKLISTS

BREAK DOWN  
LARGE TASKS INTO  
MANAGEABLE  
CHUNKS



**Take Breaks**

KEEP THEM SHORT!  
5-10 MINS



# STRESS MANAGEMENT



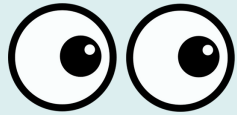
# FIND YOUR LEARNING STYLE

## WHY IS IT IMPORTANT TO KNOW YOUR LEARNING STYLE?

It makes learning more **efficient** and **fun!**

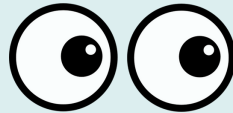
## WHAT ARE THE DIFFERENT LEARNING STYLES?

The most common learning styles are **VISUAL**, **KINESTHETIC**, and **AUDITORY**.



### VISUAL

- Uses visual objects such as **graphs**, **images**, and **charts**
- Remembers things that are **written down**
- Learns better by **watching lectures**



### VISUAL

- Turn notes into charts, pictures, or maps
- Avoid distractions such as windows and busy areas
- Learn the big picture first
- Color code notes
- Make flashcards

### KINESTHETIC

- **Hands-on** approach
- Prefers to **demonstrate** over explain something
- Prefers **group-work**



### KINESTHETIC

- Take study breaks
- Chew gum while studying
- Work while standing
- Learn new material while doing something active



### AUDITORY

- Retains information through **hearing** and **speaking**
- Prefers to **be told** how to do things and then **summarizes** the main points **out loud**



### AUDITORY

- Record lessons and then listen to them
- Read materials out loud
- Listen to wordless background music while studying

## ONLINE QUIZZES TO FIND YOUR LEARNING STYLE

- **Learning Style Quiz:** Free Learning Style Quiz: How Do You Learn?  
<https://www.learningstylequiz.com/>
- **Education Planner:** What's Your Learning Style?  
<http://www.educationplanner.org/students/self-assessments/learning-styles>
- **Colorado State University:** Learning Styles Quiz  
<https://secure.studentachievement.colostate.edu/learningstyles/quiz.aspx>

## TIPS FOR EACH LEARNING STYLE

# DON'T OVERLOAD YOURSELF



## KNOW YOUR LIMITS

- **Don't overcommit** yourself
- **Understand the extent** of your commitment before you fully commit your time & energy
- **Keep track** of your commitments & activities to avoid fluster

## SMART GOALS

- **S**pecific- ex: study part 4.2 math
- **M**easurable- ex: study for 30 mins
- **A**chievable- possible
- **R**elevant- will benefit you
- **T**imely- ex: goal will be completed by tomorrow
- Helps to increase productivity & ensure your goals are reachable



## Don't forget to **TAKE CARE** of yourself

- **EAT** - fruits, vegetables, proteins, don't skip meals!
- **SLEEP** - 8-10hrs a night
- **EXERCISE**- 1 hour each day
- Schedule **DOWN TIME** & **LIMIT SCREEN TIME**