

My Study Planner

What type of environment do I need?



Bright, clear lighting



Warm, dim lighting



Clear desk with a comfortable chair



Calming, music



Comfy space - blankets, cushions



Silence - no distractions

What tools can help me?



Pen and pencils



Laptop or computer



Music/ Headphones



Bottle of water



Turn off or silence my phone

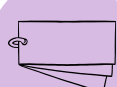


Study snacks

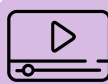
How do I like to learn?



Writing notes and highlighting



Creating study cards



Watching videos



Listening to instructions



Hands-on activities



Reading information