

CRIB NOTES

*Wondering how to hack learning as an adult?
Here are six study tips to get started.*



1

When building a study plan, focus on creating a sustainable schedule for long-term learning. Cramming is less productive than steady effort.

2

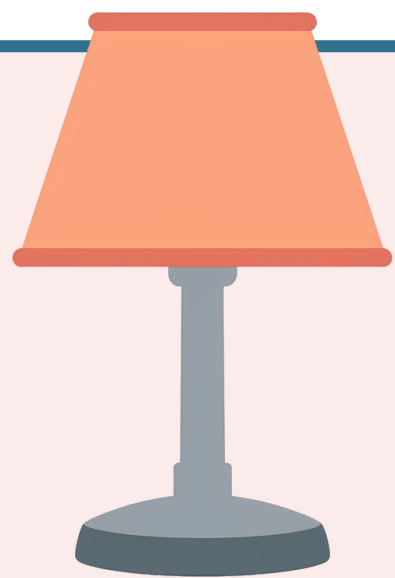


Schedule blocks of time for studying, and stick to the schedule. Treating study time like a work meeting helps ensure commitment.

3

Break big tasks into smaller ones. This creates momentum as you complete them.

4



Create a dedicated study space with comfortable seating and good lighting where you can study consistently.

5

When you receive an assignment, preview it to understand what information matters most. Then, engage with it to better master the lesson. Finally, review what was learned during study time.

6

Make time to unwind. You will study best when you feel your best!