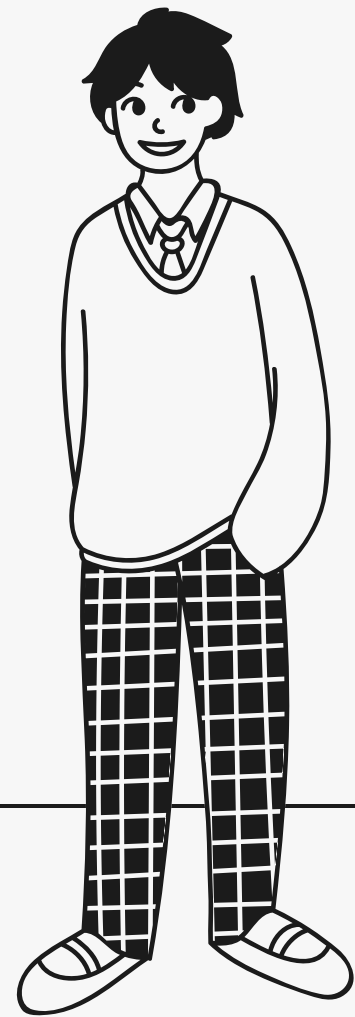


Keeping your cool for school

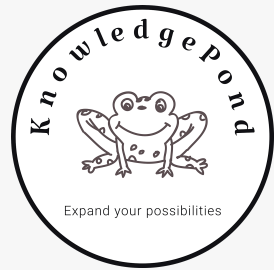
# Study at Your Own Pace





# It's important to navigate your studies at your own pace.

Let's learn how to better organize our schedule so that we can make time for all the important things we do in a day.

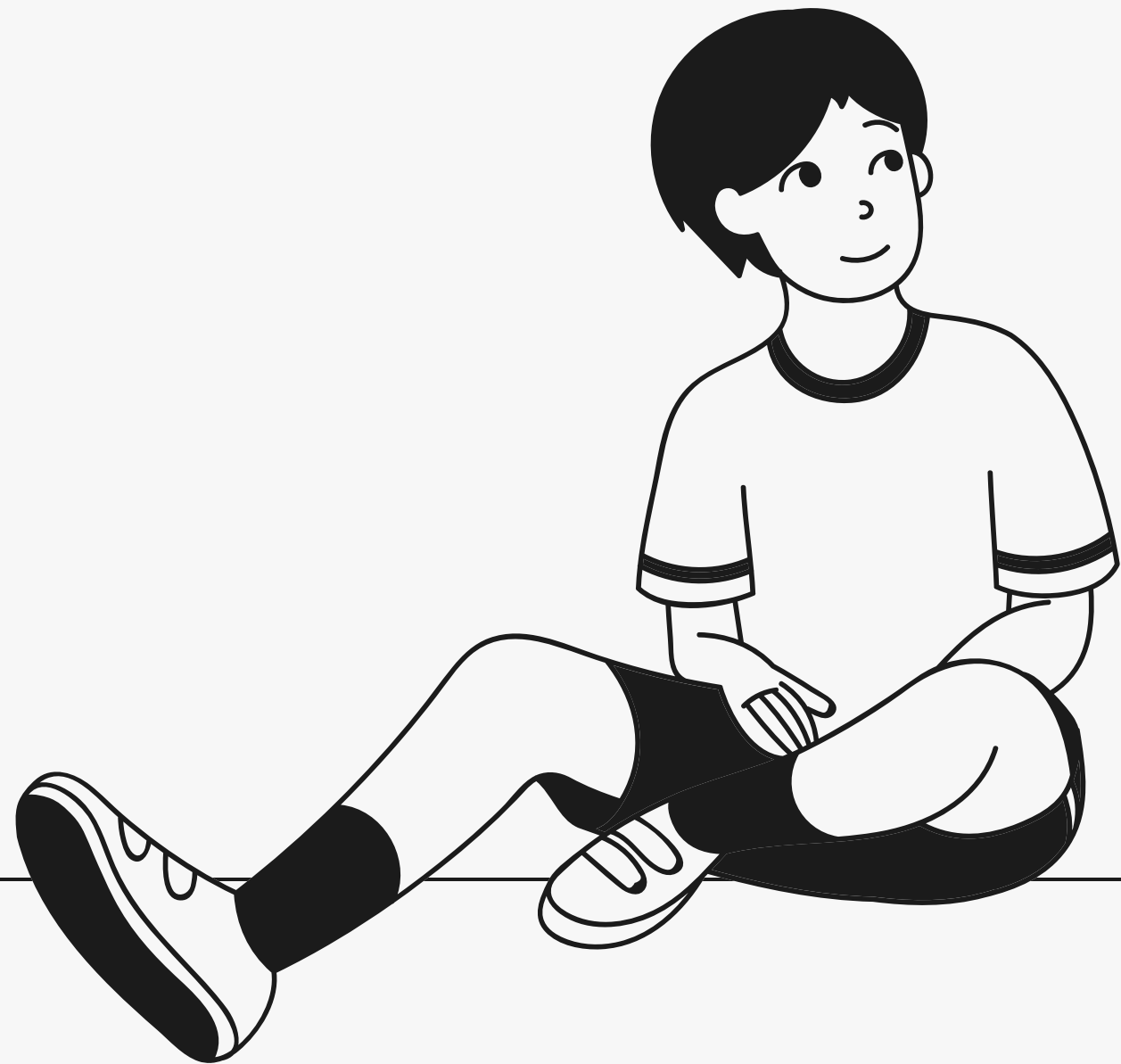


# THERE'S NO NEED TO RUSH.

You will always be given ample time to work on lesson requirements. If you feel like you'll be needing more time for any of your tasks, please don't hesitate to reach out to your teacher and tell them your concern.



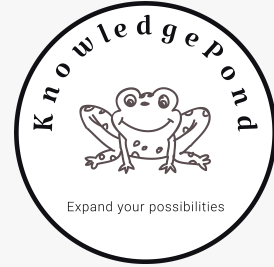
# CREATING HEALTHY HABITS



The habits you create for yourself in your studies can reflect on the things you do in your personal life. If you learn how to best make use of your time for studying, you'll also make better time management decisions for house chores, errands, and other daily activities.

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There's a lot of trial and error that goes into deciding how much time to allot for studying. Give yourself time to discover the pace that works best for you.



# Why it's important to study at your own pace

## You'll understand lessons better

When you aren't rushing to make a deadline or finish reading an important passage, you'll find that you can easily comprehend the lessons you tackle.

## You'll create time for other activities

Once you figure out how much time you need for studying, it will be easier to make space for other things like resting, gaming, and other fun stuff!

## You'll feel more accomplished

Having an organized study schedule will keep you productive and have you feeling great at the end of each day.



# Keeping a positive mindset

TRUST IN YOURSELF AND YOUR ABILITIES.

It's important to have a great attitude towards your studies. Taking breaks, having an organized workspace, and rewarding yourself from time to time helps you stay productive and gain confidence when it comes to school.

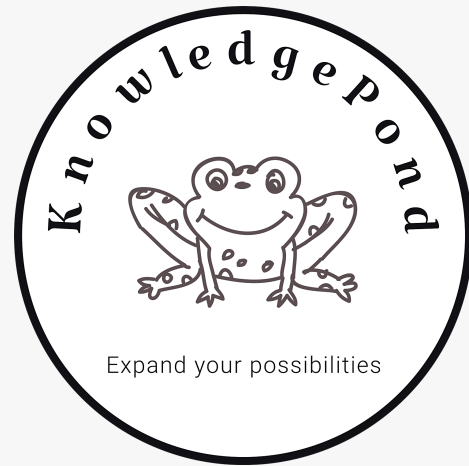




## Set up your study area

Here are great samples of how to organize your study space so you can focus better.





# The importance of self-discipline



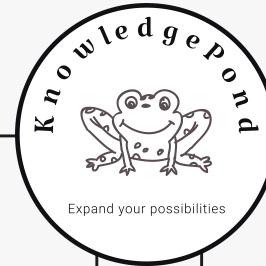




# AVOID PROCRASTINATING

Nothing beats the satisfaction of getting your work done ahead of schedule. Keeping yourself accountable for your actions will help you maintain exceptional work ethic over time.

# MAKE STUDYING FUN!

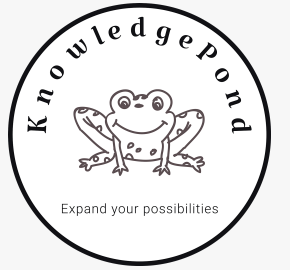


Despite learning how to pace yourself when it comes to your studies, it still takes a lot of self-discipline to actually get work done. Avoid procrastinating by keeping a positive mindset and give yourself little rewards each time you successfully follow your schedule.

Rewards don't have to be grand! You can indulge in a delicious snack, watch another episode of your favorite show, or simply allow yourself to rest a bit more at night.



# How to be a great study buddy



## Organize study dates

It's helpful to study with a group so you can exchange ideas or quiz each other every now and then.

## Share your notes

Upload your notes on a shared folder so everyone in your study circle can easily navigate through the lessons.

## Be a reliable friend

Help out someone who may be struggling with their lessons as best as you can.



# It's important to take a break.

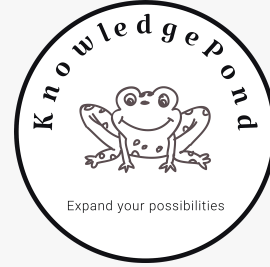
Studying at your own pace means giving yourself time to breathe in between lessons. Step away from your laptop, rest your eyes, and be kind to yourself by taking breaks.



## Creating an organized schedule for your online learning

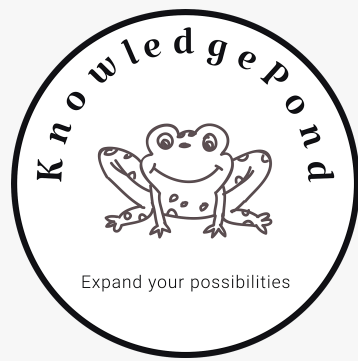
Ask your teacher to help you create a learning schedule that's very forgiving and easy to follow.





# **Remember to exercise kindness with yourself and those around you.**

Treat yourself and your teacher with compassion and respect.



# Talk to your teacher.

Please reach out if you have any questions or concerns.

Email Address

[contact@knowledgepond.co.uk](mailto:contact@knowledgepond.co.uk)

Mobile Number

+44 7394 074719

Consultation Hours

We are here for you any time.

