

EMERGENCY STUDY HELP!

Step One: Get perspective

What is your reason for wanting to do this?
What will you gain by doing this?
What will it cost you if you don't do this?

Step Two: Evaluate your position

What have you done so far?
What do you need to from here?

Step Three: Identify your obstacles

What is preventing you from taking action on this?
What resources do you have to overcome these obstacles?
Schedule those distractions onto your calendar to handle after this study session.

Step Four: Set your immediate goals

Set a goal for the outcome of THIS study session.
Set another goal for the outcome of the next study session. This will help you understand where today fits in.

Step Five: Take immediate action!

What is ONE small action you can do right now to get started?
What is ONE big action you can do *today* to build on that momentum and achieve today's study goal?

...and remember: *Focus on the immediate task or action, and build up from there. Each journey begins with a single step.*