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# Super Speed Study Skills

## You Pad

**Positively  
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# Study Time Calculator

ACTIVITIES	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Weekly Total hours
SCHOOL	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
WORK/HOMEWORK	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
TRAVELLING	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
FAMILY/FRIENDS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
LEISURE/HOBBIES	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
EATING/SLEEPING	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
SCREEN TIME	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

TOTAL COMMITTED HOURS

HOURS IN THE DAY

TIME AVAILABLE FOR STUDY

Plan your studying by working out how much time you actually have left to play with after your commitments.

TIP

Be realistic and try not to over or underestimate how long things will take.

## Notes:



# Technique Planner

TODAYS PRIORITY

Y/N

DATE

WEEKLY TASKS

BRAIN DUMP AREA

PRODUCTIVITY REVIEW

Prioritising your tasks and commitments makes knowing where to start far easier.

TIP

Try to think about what's important, what's urgent, what's urgent but not important and what's important but not urgent.

# Two Minute Rule

3 CURRENT TO DO'S

3 NEW TO DO'S

2 MINUTE RULE THEM

The story technique helps us to remember information by linking items together through story telling.

TIP

A continuous tale in which one item always leads to the next.

# Story Technique

Items	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Pictures	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>