Explore, Understand, and Discover Yourself!

What is the reason I need study skills?

How is my studying going now?

What are 2 or 3 things I need to change about my study habits?

What is the first thing I need to do to begin to make this change happen?

On a scale of 1 to 10, how committed am I to following through with this plan?

Need help working through your time management challenges and any potential changes you want to make? Want to create an individualized plan, personalized to your life and your goals?