

Tips to Study Better...

How to stay awake:	<ol style="list-style-type: none">1. Sit at a desk or table2. Get a chair with firm seat and back3. Get enough sleep the night before
How to stay focused:	<ol style="list-style-type: none">1. Close your door and blinds2. Post a “Do Not Disturb” sign3. Turn off the TV
3. How to avoid phone calls:	<ol style="list-style-type: none">1. Wear ear plugs2. Use an answering machine3. Have your family take your messages