How to navigate unstructured time?

- Rest and stay healthy
- Set reasonable expectations
- Moderate news intake
- Use positive self-talk and keep a growth mindset

Best Study Strategies

- Practice testing
- Self-explanation
- Minimize distractions

- Keep your schedule.
- Keep taking notes.
- Check email and notifications regularly.
- Increase communication with your professors.
- Stay connected with other students.
- Be flexible and considerate.

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