

ADVANTAGES OF THE STUDY SMARTER METHOD

Use this page to write down things to remind yourself of why you're using the Study Smarter Method. There will be times in the beginning when learning this new method that are hard. It's so different than anything you've tried before and will feel weird, and you will doubt if you should even forge ahead. Use this worksheet to remind yourself of why you've chosen to study smarter, and help get you in a positive mindset for the study session.

Some sections you can use in the E-Book to help you along:

"Learning Styles and the Study Smarter Method"

"Why Change How You Study?"

"Why Does It Work?"

"Passive versus Active Learning"

Add your own reflections, too!