

# Stress and Time Management

By BayEcho <3

# Studying Tips

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- Find motivation!
- Make an organized workspace
  - No distractions
- Don't be afraid of tasks
- Alternate between big and small tasks or start with challenging tasks
- Find the good things in the task

Disclaimer: May not apply to everybody or every task



# Responsibility

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- Monetary
  - Jobs/Allowances
  - Make plan with parents
  - Savings account, where to spend \$\$
- To Other People
  - Parents/Family
  - Friends
  - Time spent, attitude
  - Romantically
- To Self
  - Health
  - Treat yourself
  - Future
  - Growth

# Responsibility (cont.)

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- Having responsibility even without parents
- Helping others without benefit to self
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# Family Time

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