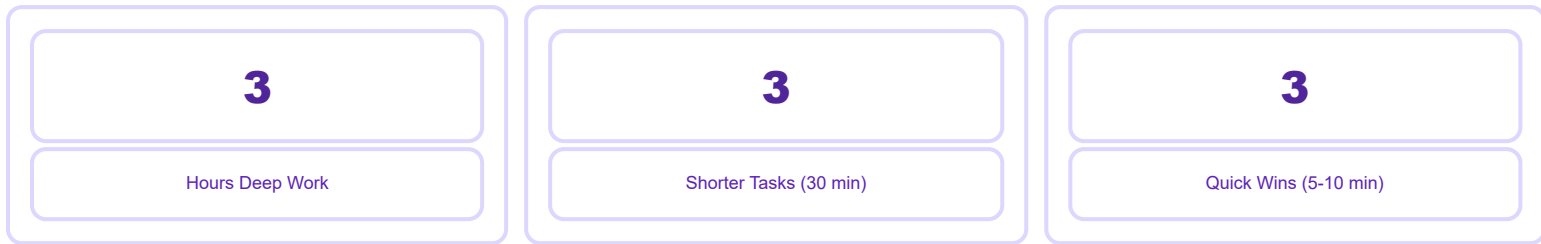


# Study Tips & Time Management Cheat Sheet

From [Beginnersly.com](https://beginnersly.com) — Pin this on your study wall!

## ★ The 3-3-3 Method (Daily Plan)



## 🗨️ Top 10 Strategies

- 1. Pomodoro**  
25 min focus + 5 min break × 4
- 2. Active Recall**  
Close book → write from memory → check
- 3. Spaced Repetition**  
Review: Day 1, 3, 7, 14, 30
- 4. Eat the Frog**  
Hardest subject first
- 5. 80/20 Rule**  
Focus on high-weightage topics
- 6. Time Blocking**  
Fixed slots for each subject
- 7. Feynman Technique**  
Explain like teaching a child
- 8. Environment Design**  
Phone in another room
- 9. 2-Minute Rule**  
Start with "just 2 minutes"
- 10. Weekly Review**  
Sunday 15 min: plan next week

## 📅 Daily Schedule Template

Time	Activity	Duration
6:00 AM	Wake up + exercise	30 min
6:30 AM	Revision (Active Recall)	45 min
4:00 PM	Subject 1 — Pomodoro ×2	1 hr
5:00 PM	Break — sports/walk	1 hr
6:00 PM	Subject 2 — Pomodoro ×2	1 hr
7:00 PM	Subject 3 — Pomodoro ×2	1 hr
9:00 PM	Light revision / reading	30 min
10:00 PM	Sleep (8 hrs non-negotiable)	—

## ✗ Mistakes to Avoid

- ✗ Re-reading passively**  
→ Use active recall instead
- ✗ Phone nearby**  
→ Put in another room
- ✗ Cramming**  
→ Spaced repetition over weeks
- ✗ Skipping sleep**  
→ 8 hours is non-negotiable

## 💡 The Topper Formula

4-6 hours focused study + Active Recall + Spaced Repetition + 8 hours sleep + Past papers = 90%+ scores. Quality beats quantity. Always.