



RICHLAND COMMUNITY COLLEGE

Teaching and Learning Support Services

Learning Accommodation Services

A STRATEGY TO HELP ME START STUDYING:

C.H.E.C.K.

C - CHANGE ENVIRONMENTS

H - HAVE ALL EQUIPMENT NEARBY WHILE STUDYING

E - ESTABLISH REWARDS FOR YOURSELF

C - CREATE A CHECKLIST OF ALL THE TASKS YOU NEED TO DO BEFORE-STUDYING

K - KEEP A “WORRY PAD” WHILE STUDYING TO JOT DOWN WHAT COMES IN MIND AS YOU STUDY - DISTRACTING THOUGHTS.