

FIGURE 6.1 ▶ Choose to Upgrade Your Learning

Tough Choices	Your Answer: Yes or No?
Are you willing to work together with others to form study groups or partners?	
Are you willing to find a place on campus, at a public library, or elsewhere (not your home) for quiet study?	
Are you willing to turn off your cell phone for a few moments of reading time without interruptions?	
Are you willing to turn off distracting music or TV while you are studying?	
Are you willing to study for tests four or five days before?	
Are you willing to do assigned reading before you come to class?	
Are you willing to sit in the class where you can see and hear better?	
Are you willing to reduce stress through exercise, sleep, or meditation?	
Are you willing to go over your notes after class to clean them up or rewrite them?	
Are you willing to take a few minutes on the weekend to organize the week ahead?	