**Time Management**

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* [Creating a Master Schedule](https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_CreatingMasterSchedule.pdf) (University of Waterloo)
* [Managing your Time Effectively](https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_TimeManagementStrategies.pdf) (University of Waterloo)
* [Key Planning Tips, and Organizing a Study Schedule](https://sass.queensu.ca/exam-prep/study-schedules-and-the-study-plan/) Queen’s University
* [What if I Have to Cram?](https://sass.queensu.ca/exam-prep/study-schedules-and-the-study-plan/) (Queen’s University)
* [Goal Setting](https://sass.queensu.ca/time-management/goal-setting/) (Queen’s University)
* [Course Planning Resources](https://sass.queensu.ca/time-management/course-planning/) (Queen’s University)
* [Distraction Free Workspace](https://sass.queensu.ca/wp-content/uploads/sites/2/2014/05/Healthy-tech-habits.pdf) (Queen’s University)
* [5 Methods for Focusing and Concentrating Effectively](https://collegeinfogeek.com/focus-and-concentration/) (Thomas Frank – College Info Geek)

**Motivation**

* [Manufacturing Motivation](https://sass.queensu.ca/wp-content/uploads/sites/2/2013/09/Undergraduate-Manufacturing-Motivation.pdf) (Queen’s University)
* [Procrastination](https://sass.queensu.ca/time-management/procrastination/) (Queen’s University)
* [Anti-Procrastination Strategies](https://sass.queensu.ca/wp-content/uploads/sites/2/2013/09/Anti-procrastination-strategies.pdf) (Queen’s University)
* [Stop Saying, “I Don’t Feel Like It”](https://collegeinfogeek.com/i-dont-feel-like-it/) (Thomas Frank – College Info Geek)
* [What to do when you have no Motivation to Study](https://collegeinfogeek.com/motivation-groundwork/) (Thomas Frank – College Info Geek)

**Task Lists**

* [How to Create a Task List](https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_HowtoCreateaTaskList.pdf) (University of Waterloo)
* [Daily To Do List](https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_DailyToDoLists_0.pdf) (University of Waterloo)
* [Weekly To Do List](https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_WeeklyToDoList.pdf) (University of Waterloo)

**Schedules**

* [Time Management Template 1](https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_TimeManagementTemplateC.pdf) (University of Waterloo)
* [Time Management Template 2](https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_TimeManagementTemplateD.pdf) (University of Waterloo)
* [Exam Study Schedule/Creating Your Exam Study Schedule](https://sass.queensu.ca/wp-content/uploads/2018/03/Winter-2018-Exam-Study-Schedule.pdf) (Queen’s University)
* [Schedule Templates](https://sass.queensu.ca/time-management/schedule-templates/) (Queen’s University)
* [How to Create a Final Exam Study Schedule](https://collegeinfogeek.com/final-exam-study-schedule/) (Thomas Frank – College Info Geek)