



مركز الإرشاد الجامعي  
University Counseling Center



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

## Effective studying

### Studying obstacles

### Effective studying habits



Feeling that time is not enough



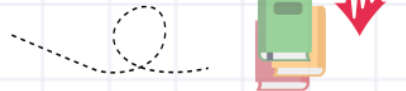
Learning resources



Not being sure of understanding the subject



Attitude toward learning



Studying in bed



organizing information



Storing too much information in mind



Learning strategies



Not knowing where to begin from



Suitable study environment



Forgetting information



Effective learning with others



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