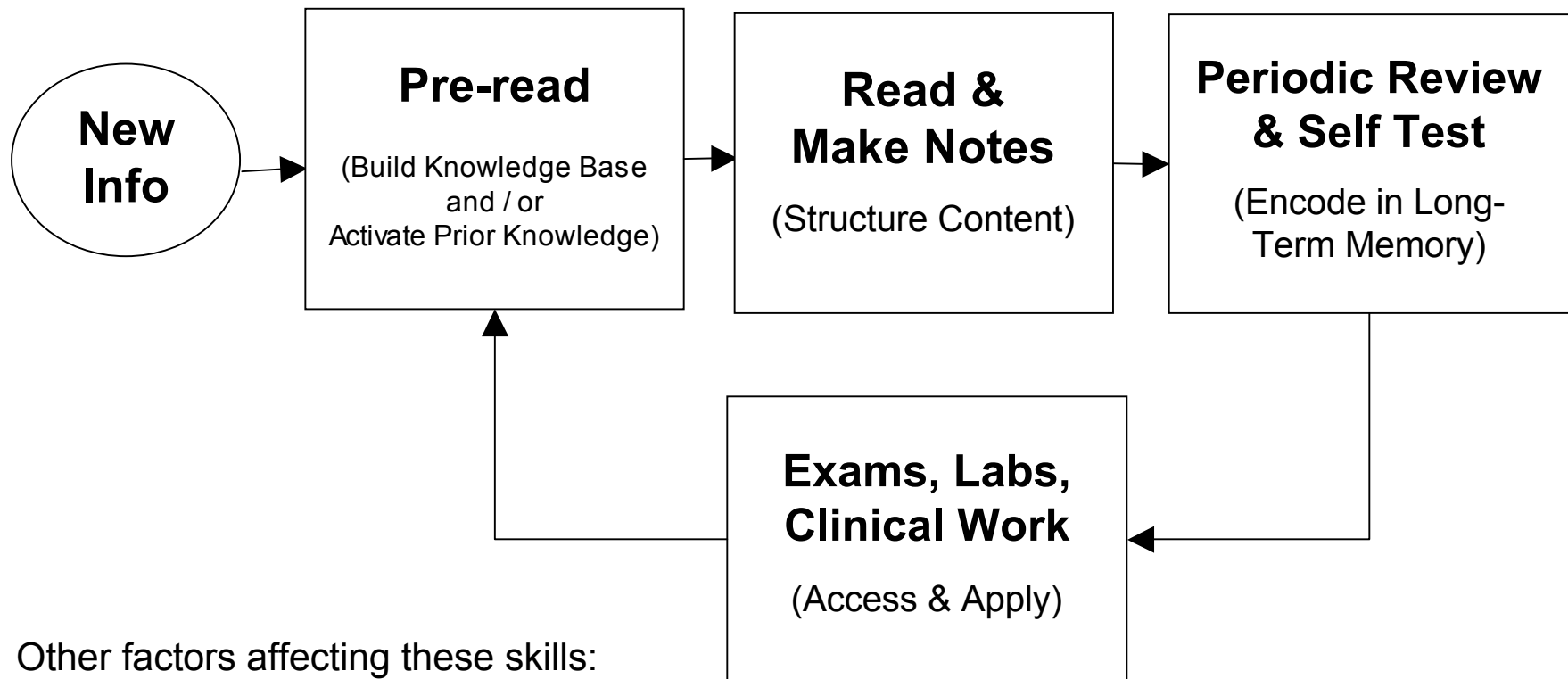


# Vital Skills in the Learning Process



Other factors affecting these skills:

- Time Management
- Study Environment
- Concentration / Focus
- Productive Self Talk