

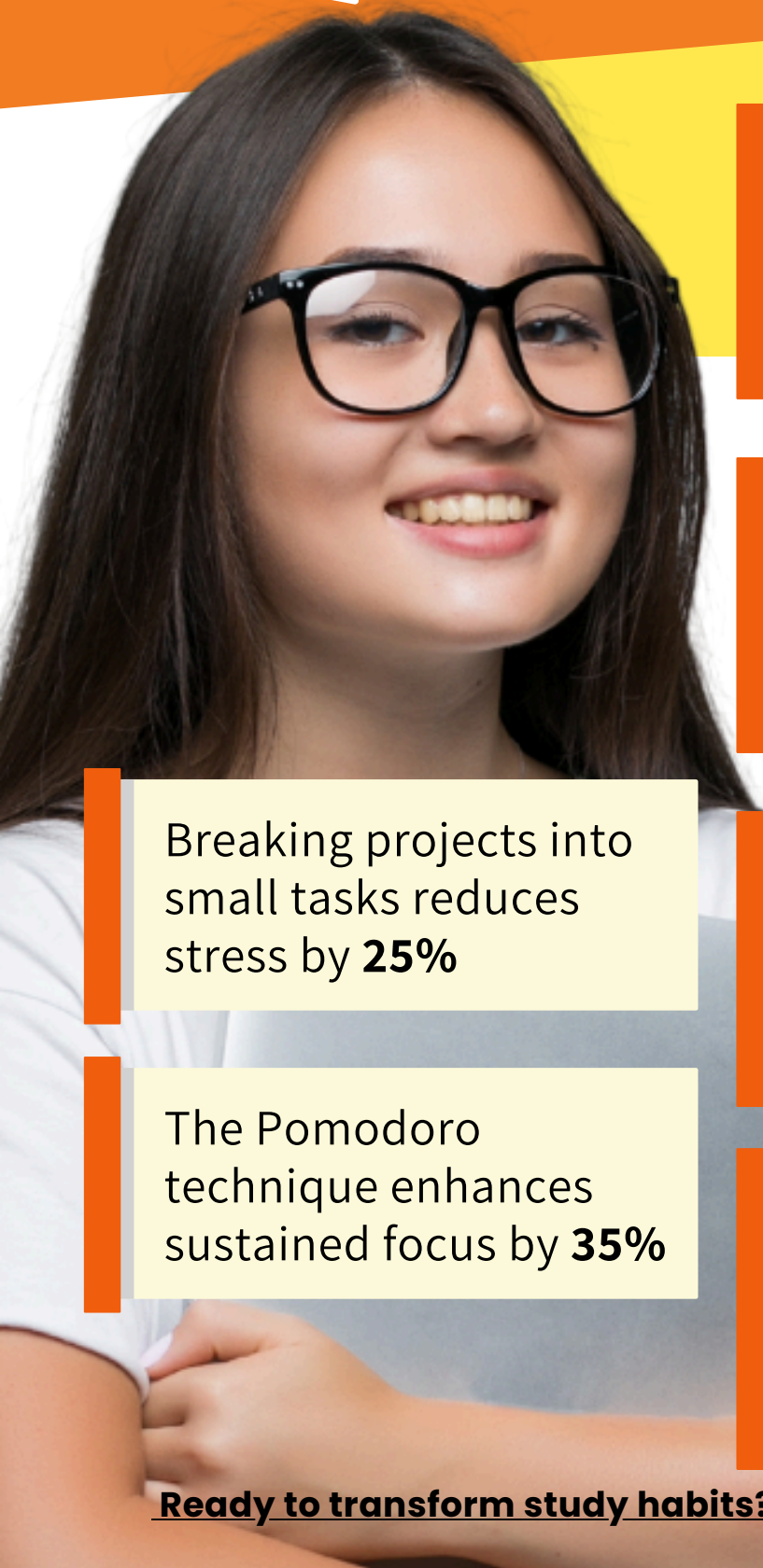
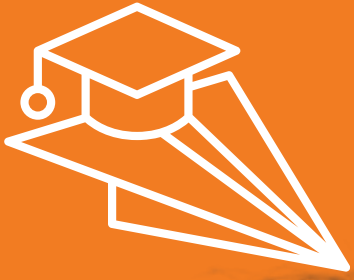


THEMBA TUTORS

EF COACHING



Building Better Study Habits



Using **visual organizers** improves test scores by **15%**

Creating a **study schedule** boosts homework completion rates by **30%**

Breaking projects into small tasks reduces stress by **25%**

Practicing **active recall** increases long-term memory retention by **40%**

The Pomodoro technique enhances sustained focus by **35%**

Students who study in a **distraction-free environment** see a **20% improvement** in concentration

Ready to transform study habits? EF coaching makes it possible!