

The most important aspects of study

[Education](#)



Exercise as well as work-life balance is an effective way of managing stress.

In addition, good management of time also helps relieve the stress.

The contemporary age is the age of information literacy. To excel in the present age, the importance of gaining information literacy cannot be overemphasized. I try to read newspapers, magazines, and engage in intellectual discussions to gain more and more information. I not only gain information, but also critically analyze it so as to ensure that I am not gaining biased, faulty, misleading, or erroneous information.

Concluding, numerous aspects of this course have helped me excel as a student and gain skills of professionalism. Amongst the most important aspects, goal setting with S. M. A. R. T. goals, stress management, and information literacy are three. I shall always benefit from these aspects of my life.