

Good Routines & Healthy Habits



Notice how this wasn't called 'a guide to better grades'? Doing academically well at Uni is about one thing: fulfilling your learning potential. Once you recognise this, you can unshackle yourself from the burdens of academic pressure and focus on actually learning!

by Patrick Catambay (Peer Academic Mentor)

► Create a realistic study plan and follow it.

Outline the weekly tasks you need to accomplish to keep up with the class, and be realistic about the time and effort that is required for them.

For example, practice questions, summarising lecture notes, and preparing for workshops.

An unrealistic plan is more daunting to tackle, and will be much more discouraging when you struggle to complete the work you wanted to.

► Balance is everything.

Make time for yourself! Your studies and your career may be a huge part of who you are, but so is your physical and emotional wellbeing.

Remember to make time for hobbies, friends, and loved ones.

Recognise the value of cultivating a balanced life, and you will thrive while reaching your goals.

► Use meaningful strategies to learn more effectively.

Summarise your notes, practice the problems, and quiz yourself on the content.

These are effective study strategies because they involve conscious mental effort which helps to develop your understanding.

Repetition matters, so briefly revisit old content as you revise new material. Finally, avoid distractions! Put your phone face-down & silent, and focus on one thing at a time.

► Find what works best for you.

Pomodoro, studying in groups or studying solo? There's a lot of advice out there, but a method that works for others might not work for you!

Study in the way that you find most comfortable & effective, and you'll set yourself up for a great routine and healthy habits.

Good luck!