

Helpful Study Tips

- Study is an integral part of your academic day
- As a guide, for every hour you spend at University you will need to spend another hour studying at home
- The ability of each student differs and therefore the amount of time you spend studying may be different to that of another student. The ratio of 1:1 mentioned above is only a rough guide, you will need to determine what works for you
- Be aware that time spent studying is not the same as constructive work achieved!
- Create an expectation for yourself that you will study a set amount of time per week and stick to it, for example 6 days of study with one day off
- Get in to a routine of a regular time, place and environment for study. Try to remove yourself from the hub and noise of your household.
- If you don't have a quiet place at home, find a library
- Get organised! If you undertake extra curricular activities some afternoons or evening, plan ahead and make sure you still allocate sufficient study time around these activities
- The best preparation for your university education is the habit of consistent study, practice and review so that work is learnt, applied and checked constantly through a planned and organised home study pattern
- There is always study that can be done. If specific work has not been set, then use the time to revise or work on an assignment
- Ensure that you allow enough time for assignments – plan ahead. Without exception, assignments that are poorly planned or rushed do not achieve good marks
- As a general rule, study falls in to four categories:

Helpful Study Tips

- Revision and extension of work covered during the day
- Preparation for the next lesson (stipulated readings, being aware of where the course is heading)
- Assignment work that is expected at a later date
- General study which includes note taking and revision of all work covered so far (coverage of key concepts and ideas)
- Take regular breaks, usually 40 minute blocks before having a short break works and keeps your concentration fresh
- Vary your study, at times work in groups or with a friend
- Reward yourself when you have worked hard, make a mental contract with yourself that if you achieve a certain study goal you will reward yourself eg. A latte from the corner shop - it doesn't have to be a big treat!
- Develop the habit of regular study
- Revise today and prepare for tomorrow !