

# HOW TO ACE STUVAC

Scoring a HD is a common goal for every university student at the start of a new semester! But, when it comes to STUVAC, effective study patterns and drive begin to decline.

## *MY TOP TIPS FOR CONSISTENCY AND TIME MANAGEMENT*

### TIP 1: PLANNING

My first tip is to effectively plan when your exams are and what needs to be completed. At the start of each semester, I like to create an excel sheet that includes when all my assessments are; in order of due date. I also add the requirements of each assessment and the weighting that goes towards my final grade, allowing me to see when each of my exams are so that I can effectively prioritise my studies. Another key aspect of planning is to create lists/ weekly schedules. It can be easy to lose drive during STUVAC week, so by creating daily to-do lists that work around your social and work commitments, you can effectively plan your week and set personal deadlines.



### TIP 2: GROUP STUDY SESSIONS

My second tip is to make use of group study sessions! Group study sessions are an excellent way to share notes and work on solving problems together as a team. If you don't know anyone already in your subject, reach out to people in your assessment groups or breakout rooms on zoom! Within Group study sessions, I like to go through each week's lecture/ tutorial content and focus on the more challenging questions. This learning technique helps each person within the group as they can provide help for the areas of the subject that they understand and gain assistance on topics of struggle.



### TIP 3: EXERCISING

My final tip for succeeding in STUVAC week is to keep active! I know it can be challenging to prioritise health and exercising when there are a million uni deadlines on your mind, but unplugging yourself and moving your body can benefit your studies incredibly! Simply going for a walk, stretching or practising some yoga can improve your concentration and help you focus on your learning. Moving your body increases serotonin levels, which distracts your mind from the banked up stress and anxiety that you may be feeling. So, while you may think that you're losing precious study time, you're actually doing yourself a future favour. Let's be real, that one hour at the gym is a much better use of your time than scrolling mindlessly on Tik-Tok!



We hope these tips and tricks make your STUVAC feel more productive. Don't forget to take a break, reset your body and reward yourself after your first 6 weeks of Autumn Semester!!!

- Aisling Lowenthal