

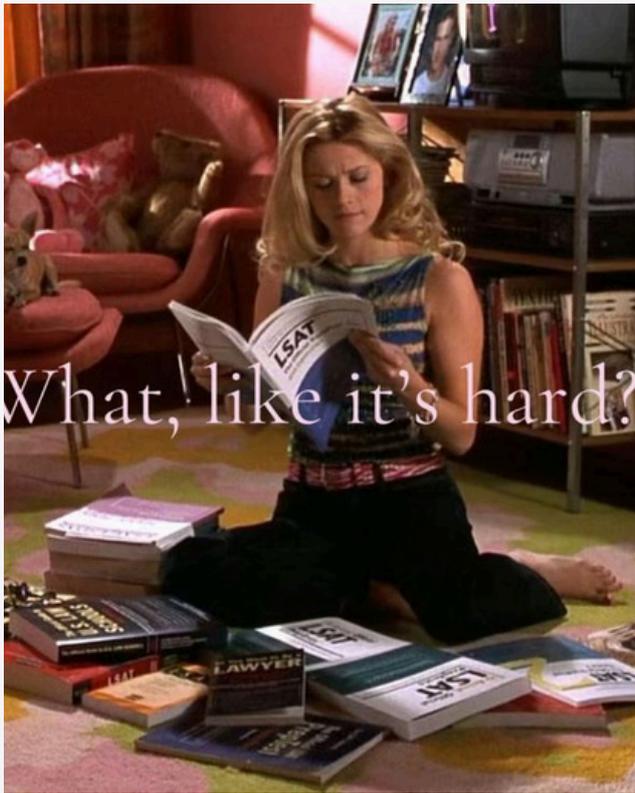


How To... *Build Study Habits from Week 1*

When a new semester starts, it's pretty common to feel that familiar sense of motivation. All of a sudden it feels like you have the whole semester ahead of you. However, deadlines, group projects and exams can quickly creep up on you, leaving you with a stack of mislabelled notes or unwatched lectures.

If you want to avoid this, then keep reading to learn more about maintaining study habits to keep you on track this semester!





Do you want a
successful semester?
**Then, start
your semester
with
intention!**

If you want to maintain successful study habits, you need to have the time to commit to them! Week one is the perfect time to set up for success. What this means will differ based on your needs.

For example, if you're a finance or statistics major you may want to watch videos about excel or other relevant software. For marketing students, start by collecting campaign inspiration or case studies. Consider cleaning up your study space and organising your notes.

Once these tasks are out of the way, it's time to start planning! You can use whichever medium works for you. A physical planner can be helpful if you like keeping everything in one place.





An online calendar can be convenient if you're on the go. Be sure to include assignment deadlines, extra-curriculars and other commitments!

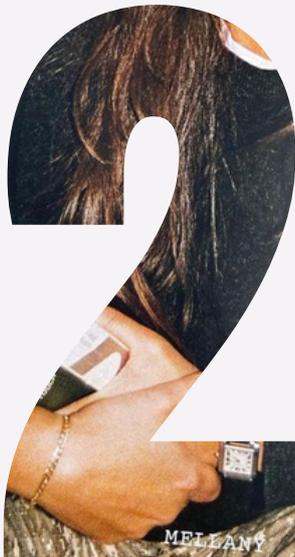
When you've made a rough plan, then you can define your habits. The amount of time you can realistically spend studying will inform what habits will work best for you. If you have a lot of time allocated for studying, you can implement a wide variety of habits. If you don't have as much time, then you'll need to be specific about which habits you adopt.





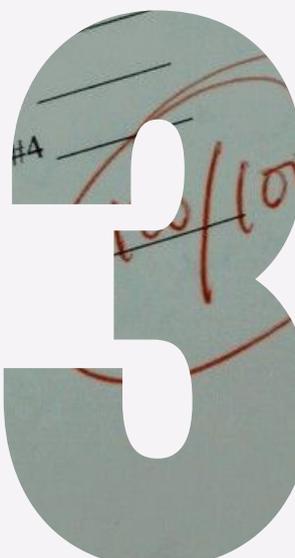
Weekly Consolidation.

Weekly Consolidation is great for reinforcing what you've learnt. You can revisit your content; summarise key concepts learned and do practice questions. This habit is good if you want to stay consistent and avoid last-minute cramming before exams.



Active Recall.

Active recall helps with strengthening your memory. Without notes, do practice tests and make mind-maps to test your understanding. If you've allocated dedicated time for study, then this habit works well for building long-term memory and confidence.



Self Testing.

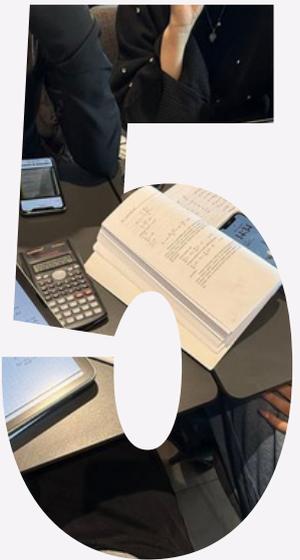
Self-Testing improves your exam performance by imitating assessment conditions. You can either use past questions, tutorial questions or make questions for yourself. It's a good habit to maintain across the semester, minimising exam stress.





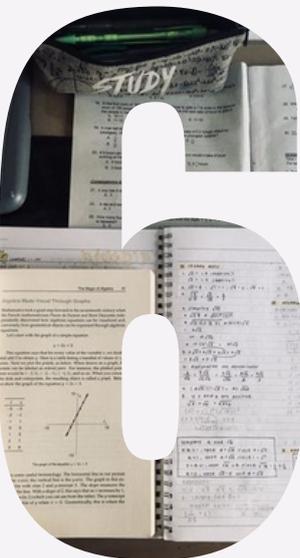
Visualising.

If you're a visual learner, then this habit is for you! Be sure to draw diagrams, flowcharts or mind-maps to simplify concepts you've learnt in class. This study habit is quick and easy to do.



Group Study.

Do you know anyone studying the same subject? Then try studying together! By collaborating, you can learn from different perspectives and tackle complex concepts together. This habit would require a higher time commitment.

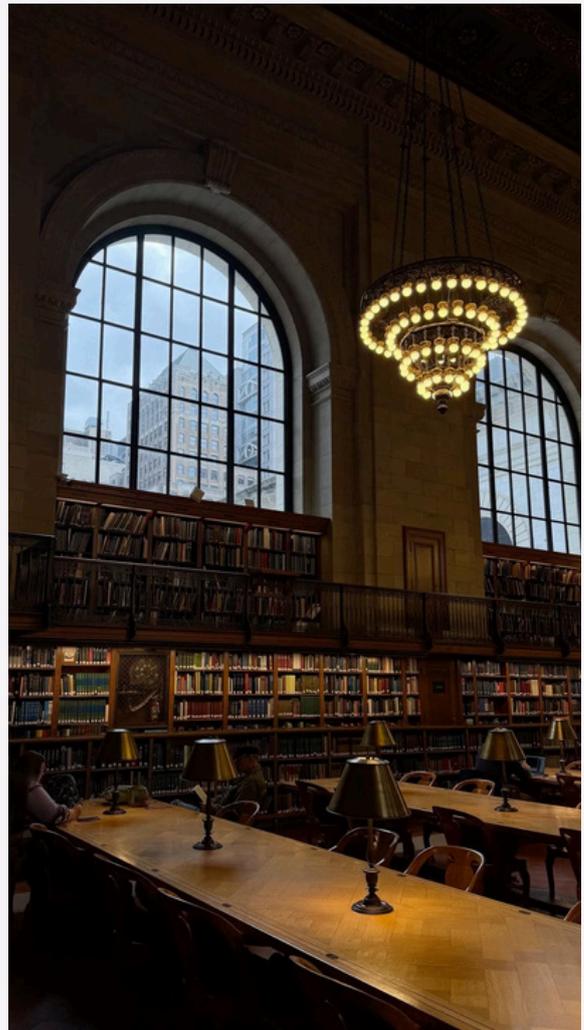


Summarising.

Summarising is another quick study habit. How you summarise is up to you. You can start by summarising what you've learnt in class into one page. The best part of this habit is that you can use your summaries as revision resources for exams!



“It's very easy to set up study habits but stop practicing them when the semester gets busy.”



As we're about to get into week 2, it's important to think about how you'll stay consistent with your study habits.

Staying accountable is key. An easy way to stay accountable is to track your progress. There's nothing more satisfying than ticking tasks off your list or tracking your progress. As it's still early in the semester, you can try out different study habits for a week. When the week ends, you can reflect on what worked and decide which habits you want to carry forward.





“By implementing these study habits, you’ll start the semester strong. **Don’t forget that consistency starts from week one!”**

While studying matters, it's equally as important to have breaks. Set aside time for your hobbies or social activities and reward yourself for consistency. This helps prevent burnout and makes your study habits more sustainable in the long term.

Finally, be realistic about your study habits. Make sure you prioritize tasks based on urgency and workload! It may not make sense to still be summarising right before an exam.





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