



# HOW TO: *Reset for the* NEW SEMESTER



Welcoming in a new Semester can be a daunting task. The next three months can hold new experiences, opportunities and people. As we settle back into our university routines, it is important to reset our mindset to ensure we're equipped for a smooth sailing Spring Session.

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# 1. REFLECTION

Before we progress into the new Semester, it is essential to *reflect* on the previous Semester. This ensures that we do not repeat past mistakes.

## **Write down what went well and what didn't go to plan...**

Having your thoughts written down, will provide clarity and boost self-awareness. Try asking yourself the following questions:

- What was the most challenging part of last semester?
- What were my regrets?
- What approaches and mindsets worked well and which did not?

## **Make active changes to discard bad study patterns!**

Common habit changes you might wish to incorporate include:

- Studying in the day, rather than night.
- Creating a realistic and flexible weekly study plan.
- Space out the workload, rather than condensing it into a short timeframe.



## 2. GOAL DEVELOPMENT

### **Visualise your goals!**

To develop efficient goals, targets should be written down some place close to you and you might want to print out photos that resonate with each goal.

### **Have a personal rewards system!**

Make sure to reward yourself whenever a particular target is met. Treating yourself will increase your motivation to complete other tasks.

### **Use the SMART goals approach for effective goal development!**

This approach requires goals to be Specific, Measurable, Achievable, Relevant and Time-bound.

## 3. OPTIMISE YOUR SURROUNDINGS

### **Organise your social environment!**

Try to build and maintain support circles from the beginning of the Semester. It might be beneficial to join a study group stimulate yourself, both socially and academically.

### **Declutter your space..**

Make sure to organise your study environment by removing possible distractions.





# 4. PRIORITISE WELLBEING

Personal wellbeing is often overlooked as students get busy during the Semester. It is extremely beneficial to *maintain healthy habits* from the beginning of the Semester, to stimulate productivity and reduce the chances of burnout later on.

## **Sleep 7-9 hours every night..**

Having sufficient sleep is significant in improving concentration, retention of information and reaction time.

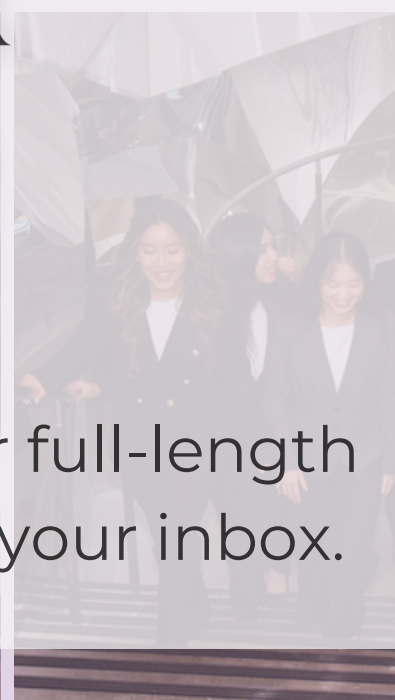
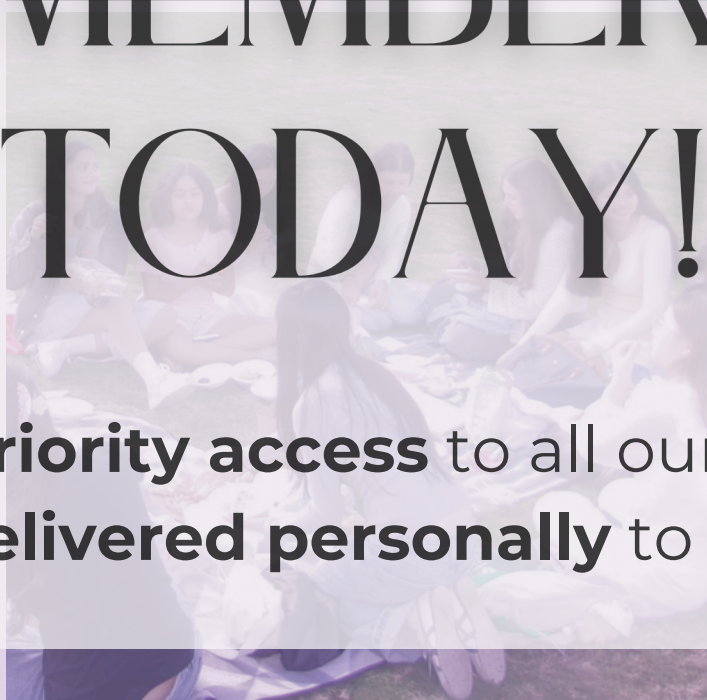
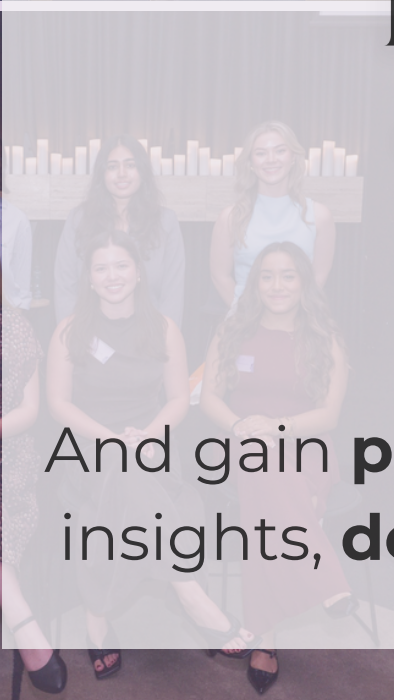
## **Maintain a healthy diet...**

Eating well provides you with sufficient energy and concentration for active learning, while also helping to reduce stress and maintain your wellbeing. While university can be stressful, try eating out less and opt for nutritious home-made meals.

## **Exercise 2-3 times a week..**

Exercising can help to reduce stress while also boosting cognitive health. Your weekly exercise goals could be met through gym, pilates or participating in a run club.





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