

Set up a study space

Establish an individual study area ideally separate from your living and sleeping space. If this is problematic due to your accommodation space try to close away your work space when not working and vice-versa.

Routines are key

Establish a routine but be realistic. Make sure you have enough time to get tasks done but allow for some spare time in the week in case unexpected delays occur. Tick off goals as you go along and don't forget to celebrate when you have achieved certain milestones.

Get a head start

Start early and do little and often. As soon as you receive a deadline or exam date you can start working on it. If you start early you are able to identify any pitfalls or gaps in your knowledge, you won't feel guilty about not making a start and you won't have to work too intensely as your workload will be split over more days.

Identify any problems

Be proactive in identifying when you are struggling and seeking support. There's nothing worse than leaving something too late. Whether it is your friends, family, tutors or support services – access support early on and don't be too proud to ask for help.

Reflect on how you are doing

Look after yourself. When faced with academic pressures it is easy to put your health second. Ensure you are eating regularly and healthily, taking time to see others and exercising. Ensure you keep a consistent routine with your sleep and listen to what your body needs.

