



# STUDY TIPS AND TRICKS

We understand adult learning is a challenge, but we also know how rewarding it is to complete your studies and move on to an exciting career with new prospects & rewards. So we want you to get the most out of your studies & we're here to help with this handy guide of tips & tricks.

## 1 YOUR STUDY ENVIRONMENT

must be suitable, this can relate to your desk ergonomics, limit those distractions or even use noise cancelling headphones.

## 2 A STUDY RITUAL

is a must to form a habit, if you are consistent with your study patterns then it becomes much easier to stick to them.

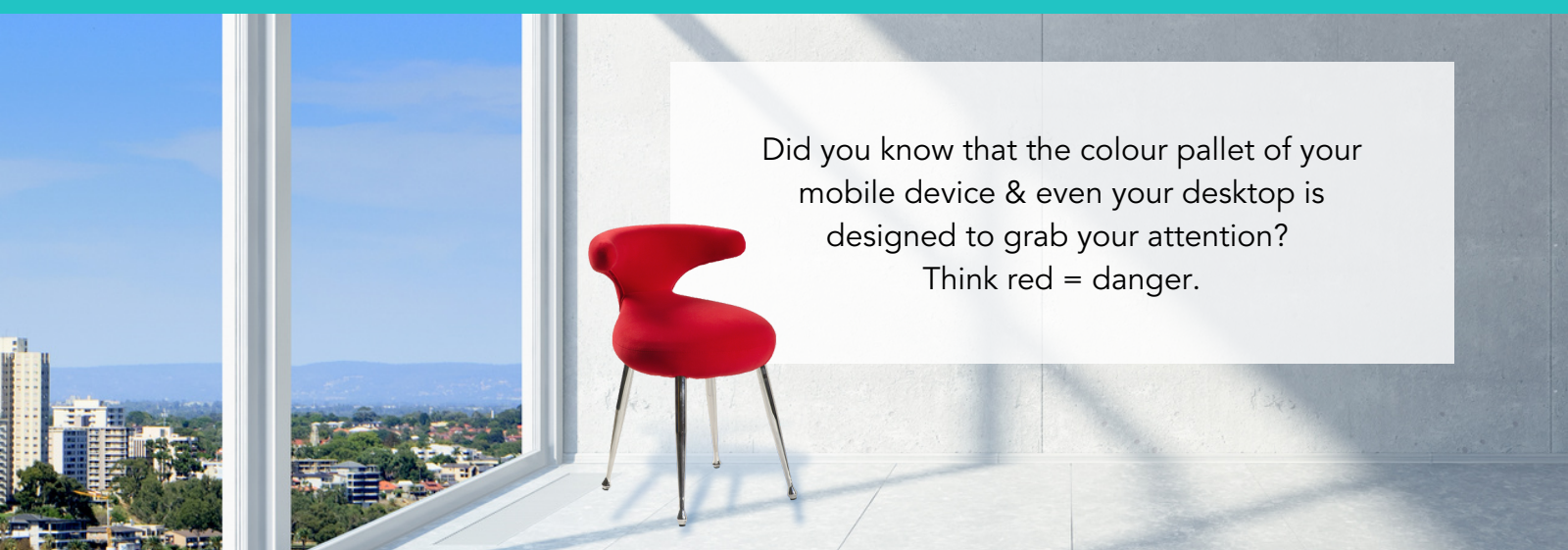


## 3 STUDY TOOLS

We recommend that you ensure that you are not only familiar with your study tools but also are using the ones best suited to make your study experience as seamless as possible.

## 4 SCRIBBLE OR WORD PAD

Use a scribble pad or word pad to save information & links you come across that you can refer back to instead of spending hours googling the same information.



Did you know that the colour pallet of your mobile device & even your desktop is designed to grab your attention?  
Think red = danger.



## 5 NON-STOP STUDYING?

Rome wasn't built in a day, so why should you try to burn yourself out with non-stop studying? Work study into your schedule, not the other way around.

## 6 POMODORO TECHNIQUE

We're not going into detail but in summary you allocate a strict time frame say 20-30 minutes to work on your studies, when the timer ends you cease work, rest then return to your studies repeating this as often as you require.





“ We understand that it can be hard to focus when you're bombarded with notifications, did you know that you can set your phone to dark mode or even monochrome? ”

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### FOCUS ON THE END GOAL

a qualification that will open doors for you to achieve the career you've wanted.

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### REWARDING YOURSELF

a classic but often overlooked strategy, let's say you used the Pomodoro technique to put your phone on do not disturb and at the end of the session you decide to spend your downtime playing videogames or streaming Netflix.

NOW WE'RE NOT SAYING TO DO THIS ALL THE TIME, BUT INSTEAD, WE RECOMMEND CONSIDERING USING THIS DURING TIMES WHEN YOU CAN AFFORD THE LEAST AMOUNT OF DISTRACTIONS.

# GOOD LUCK!

