

IMPERIAL

10-14
FEB
2025
South
Kensington
Campus

Learning Well Programme

DESIGNED FOR ALL IMPERIAL STUDENTS

Craft your personal journey to success

Connect study strategies with positive mental wellbeing

Foster wellbeing through effective learning practices

Explore the Learning Well Project student resources



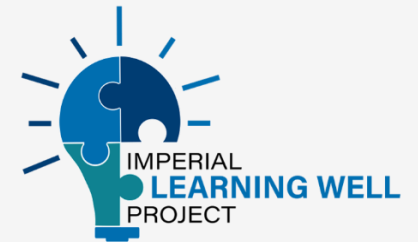
Growth Over Perfectionism:

Fostering Effective Study Habits

Facilitators: Iain Boyd & Annette Crump

Study Mentoring: Mental Health

11/02/2025



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Pre-session Check-in Exercise

Imperial students -

To support you to get the most from the Learning Well Programme, please take a moment to complete this short exercise about your current understanding and expectations of this session:

- Your responses will be submitted anonymously.
- There are no right or wrong answers – feel free to share your thoughts.
- This activity should take no more than 2-3mins.

Learning Well Programme: Pre-session Check-in Exercise
(TUESDAY)



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Growth Over Perfectionism:

Fostering Effective Study Habits

Introduction

Voltaire

- 1694 - 1778
- French writer, historian, philosopher
- Wrote more than 20,000 letters and 2000 books and pamphlets
- One of those letters recounted Issac Newton's apple landing on his head.



Introduction

“le mieux est l'ennemi du bien.”

“the best is the enemy of the good.”

LA BÉGUEULE - 1772



Perfect is the enemy of good

What is Perfectionism?

Personality trait

- Overly high personal standards
- Critical evaluations of oneself and others
- Strivings for flawlessness

([Frost, Marten, Lahart, & Rosenblate, 1990](#); [Hewitt & Flett, 1991b](#))



Positive

- Focus on a high standard of work
- Source of motivation
- Lead to high achievement
- Engagement with work





Negatives

- Increased stress
- Low self worth
- Sensitivity to criticism
- Concrete patterns of thinking



Why is it a problem?

- Procrastination
- All-or-nothing mindset
- Working excessively
- Self Criticism
- Low Productivity

Where does it come from?

- Validation
- Reassurance
- Innate
- Addictive
- Realistic





Managing Perfectionism

- Most people have these tendencies
- Perfection doesn't exist
- Doing well is subjective
- Harnessing it

Tools to Help

Self-Compassion

- How do we speak to ourselves?
- How do we speak to others?
- Can that voice be changed?

- Negative to positive?
- Or Negative to Neutral?



IT IS
WHAT IT IS

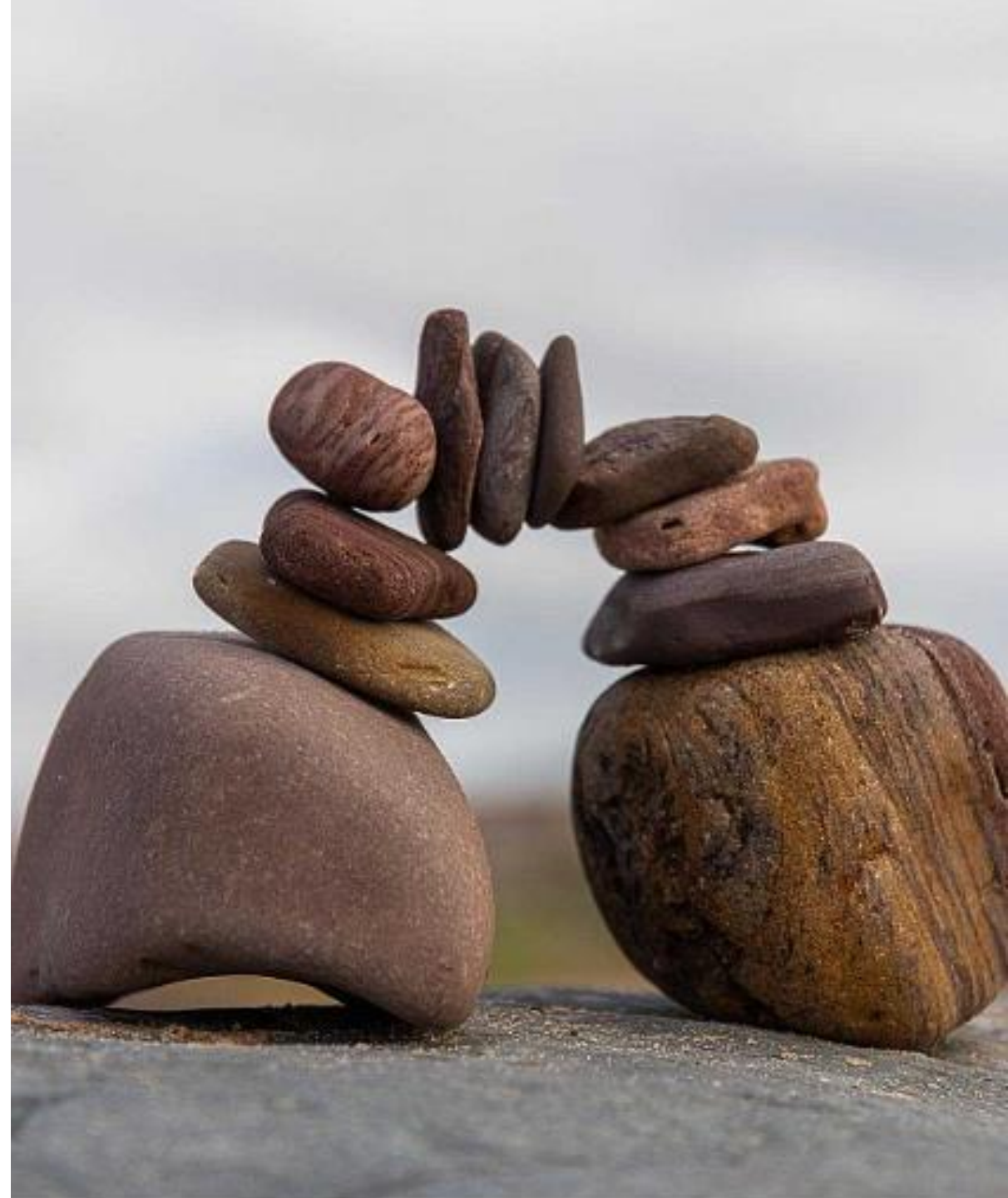
Non-judgement

- Humans make automatic judgements about everything.
- How to challenge judgements
 - Mindfulness
 - Writing things down
 - Speaking to people

Good Enough

Not -“Is it perfect?”

- "Is this effective?"
"Is this useful?"
"Is this good enough to move forward?"
- Focus - what truly matters – not tiny details
- Define “Done” before you start
- Taking action regularly matters more than getting everything right.





Making Plans

- SMART Goals

S – Specific

M – Measurable

A – Achievable

R – Relevant

T – Time Bound

Pomodoro Technique

- 25 minutes of work
- 5 minutes of rest
- Longer break after 4 sessions.



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Activity - Case Study - Chris

Chris is a good friend who you haven't see recently. You are both part of a College sport club. You send them a message to check-in on how they are. Chris takes a couple of days but responds with the following message.

“Hey. I’m sorry I took so long to reply, I’m such a bad friend! Things aren’t great tbh. I’ve got these exams next week and haven’t been able to do ANY revision. I go to the library and then I’m just too lazy to do any work! Need to give up football and focus you know?! My sleep is so messed up too. My Mum has been sick she fell and hurt her leg – and I’ve had to visit home to help with shopping and stuff. I dunno, I had one friend mention I should apply for mit circs but I said there’s not way I would count. Everyone else is getting on fine with this stuff, I don’t know what my problem is!”



Activity - Setting a SMART Goal

- Something none academic
 - Lifestyle change
 - Personal task or errand

S – Specific

M – Measurable

A – Achievable

R – Relevant

T – Time Bound

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Specific

- "I will register with a GP by completing the forms and submitting documents to a local practice."

Measurable

- "I will complete the registration with a GP and confirm my status with them"

Achievable

- "I will research a GP practice near my home that is accepting new patients and follow the process."

Relevant

- "Registering with a GP is important for my health and wellbeing"

Time-bound

- "I will complete the registration within one week"

Other things matter...

- Validation from things outside of academic work
 - Hobbies/Creativity
 - Social
 - Where you are in the world



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Post-session Reflection

Imperial students -

To help you maximise this learning opportunity, this activity is designed to support you to reflect on what you've learnt and to consider what you can personally take away from this session.

- Your responses will be submitted anonymously.
- There are no right or wrong answers.
- This exercise should take no more than 3mins.
- We hope you find this activity helpful.

Learning Well Programme: Post-session Reflection Activity
(TUESDAY)

