

Effective time management

What do Imperial students say?

**Ideas for:
Consideration & Inspiration**





As you explore different study strategies, remember that **everyone is different**. Effective time management is key.

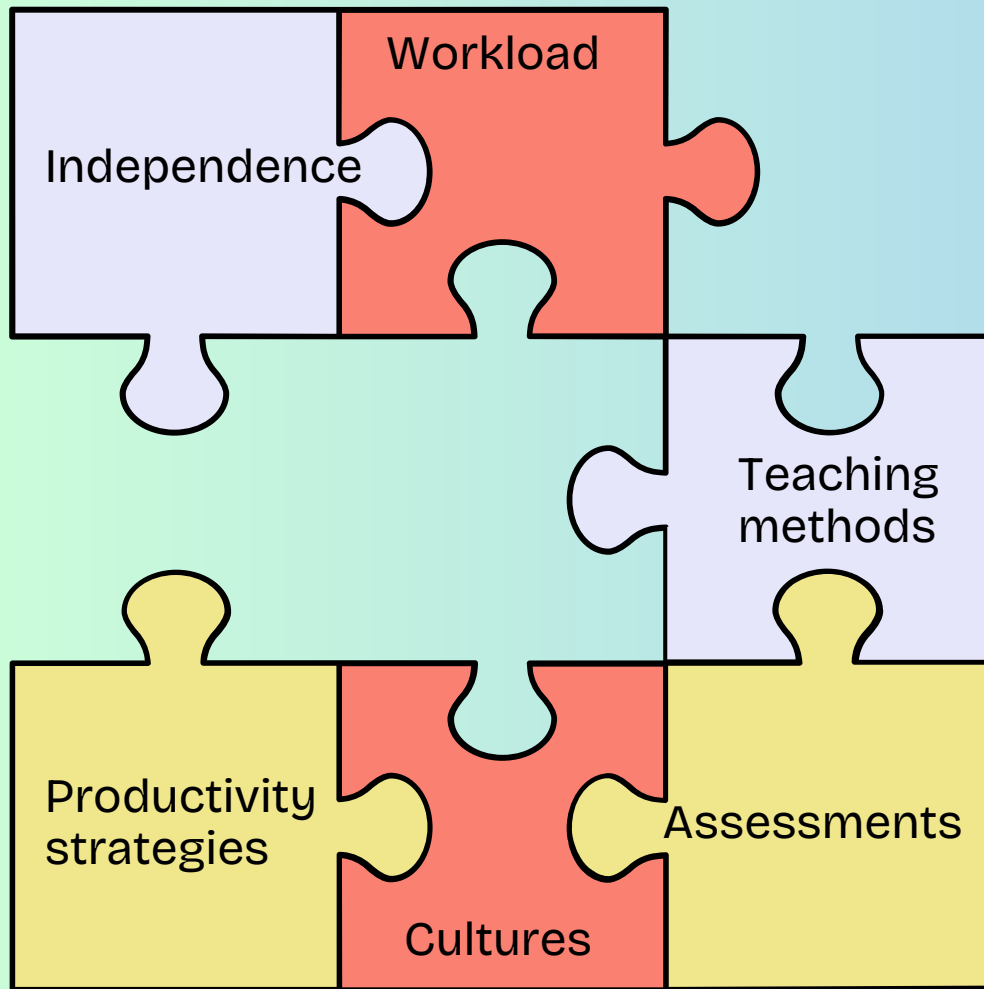
Use the following approaches as inspiration to find what supports your wellbeing and how to manage your time efficiently.



Balanced week

"I realised it's important to **schedule breaks** and not just keep working continuously. **Taking time off** actually makes me **more productive** when I return to my studies."
- Fatima, Y3 Engineering





Embrace the learning curve

"I didn't expect to find going to uni as hard as I did. It was quite a significant step up...it was a completely **different way of learning** from what I've always been used to."

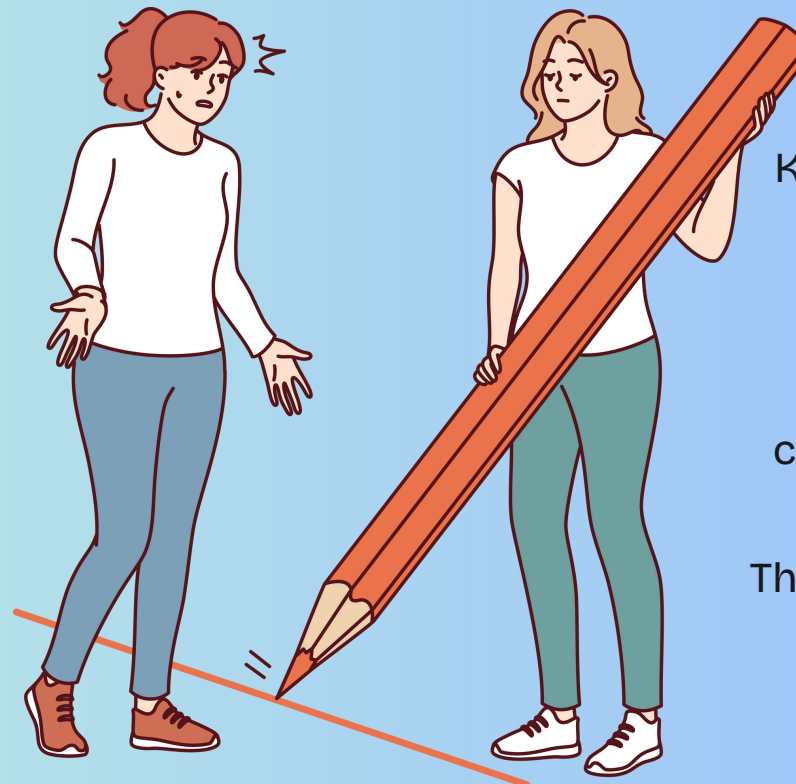
- Debbie, Y1 Maths



Focused goals

"I tend to **procrastinate** when I have a full day to study, which cuts into my sleep and is very unhealthy. But **planning** social activities and knowing I have a solid study block before going out helps me **feel in control**."

- Sachith, Y3 Medicine



Know Your Limits

Balance

Manageable
commitments/tas
ks

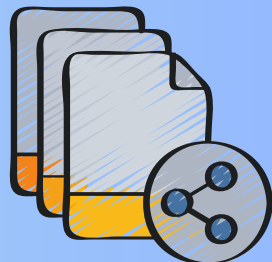
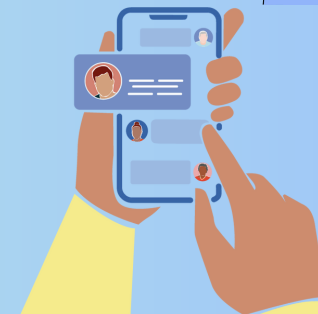
There will always be
more to do...

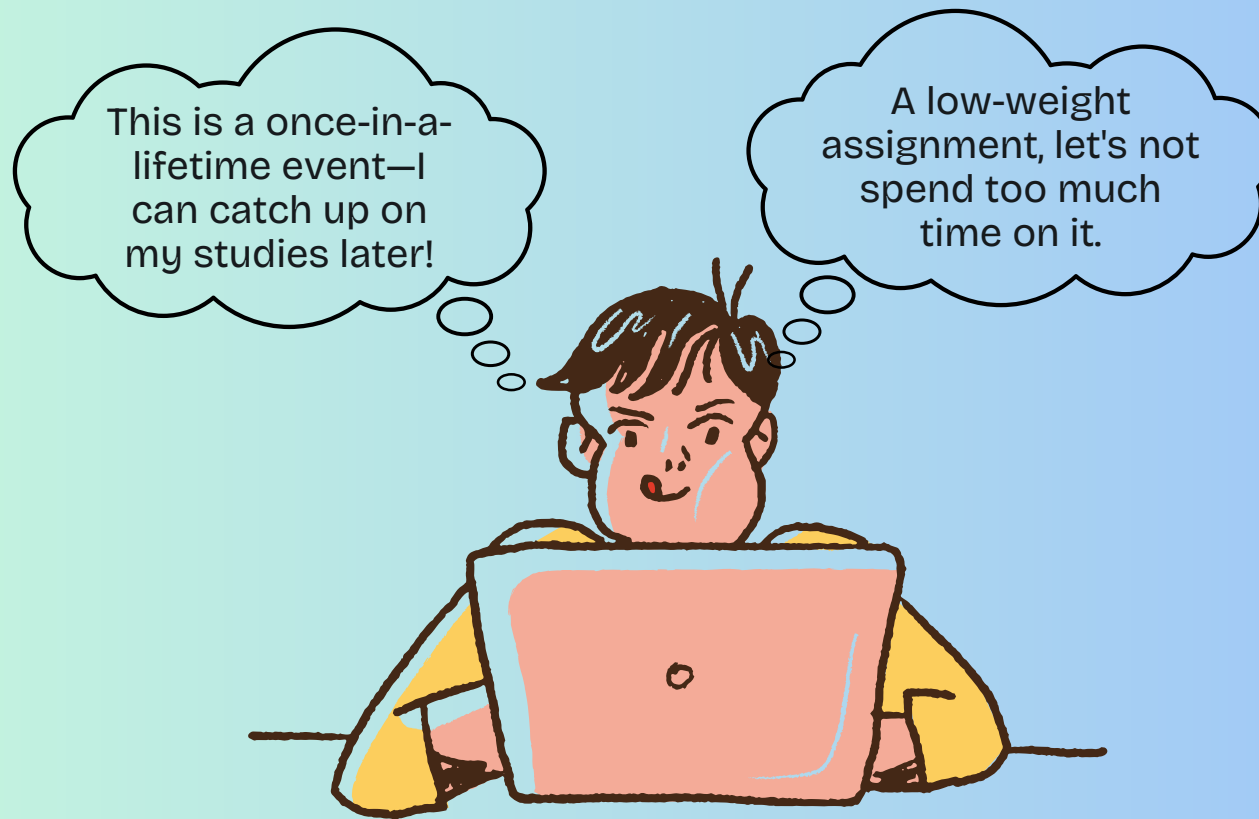


Collaboration

"Study groups have been incredibly helpful for me. We discuss difficult topics and help each other out. It makes studying **less lonely** and **more productive.**"

- Julissa, Y3 Engineering





Prioritisation & Planning

"In first year, I wanted to do every single sheet, document and everything. But you soon learn **through experience** that you have to be **smart and efficient** with your time."

- Charlotte, Y3 Engineering



Try new study methods

"As you progress through the years, you become more **confident in knowing what works for you and what doesn't.**

I've learned to avoid the ineffective strategies that I initially tried and failed with."

- Oliver, Y5 Medicine



What have you done differently for this term?

SCAN ME



I adapted my study methods using Learning Well resources. Check them out!



Want more ideas?



SCAN ME

