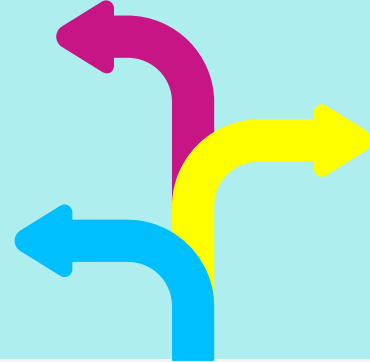


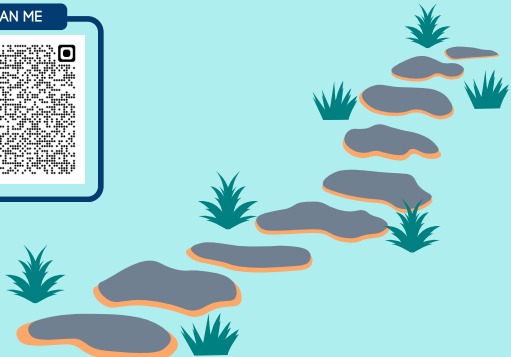
Your Path to Learning Well



See study methods as different, not better or worse. Different methods suit different tasks, so experiment to find what works best for you.



Small changes in study habits can make a big difference to your wellbeing. Discover what brings balance and recharges you.



Include brief moments in your routine that refresh and invigorate you. Find what helps you feel re-energised.



Recognise that doing everything may not always be necessary or beneficial.



Approach your studies with a growth mindset. Embrace challenges - this is often when we achieve great things.

