



Reducing unnecessary pressure and workloads for my students and myself/my teaching team (old USE item 4)

“Workload is directly related to how students approach and study for exams. Excessive workloads (from University and/or paid/voluntary work) are associated with students taking a more superficial approach to their learning”

If your students highlight this as an area of concern in their Unit of Study Evaluation you might try the following:

- Asking your students the **nature of the pressure they are experiencing**. Is it workload? Is it unclear expectations or confusion about the task? Is it task complexity? Are other units or circumstances contributing to the pressure students are feeling? Student focus groups could help identify possible ways of resolving unnecessary pressure
- **If task complexity** is a problem consider breaking assignments or tasks down into a sequence of smaller steps
- If the students' difficulties reflect **some lack of basic literacy** competence, [Dr Maree Stenclin](#) or [Dr Michael Paton](#) in the Office of Learning and Teaching in Economics and Business can assist.