1. Create a study timetable

“Believe in yourself. Believe you can do the tasks at hand and face the challenges ahead.”

Mariam Bazzi
Arts/Education student

2. Prepare your study area

“Don’t think you can’t do something because it sounds hard.”

Rory Green
Science/Engineering student

3. Eat, sleep and move

“You’re stronger than you think.”

Linhao Li
Engineering student

4. Minimise distractions

“Take your time. Don’t stop, just keep going.”

Preethi Pampapathi
Medicine student

5. Take breaks and reward yourself

“The future is in your hands. It’s yours for the taking.”

The University of Sydney