

# Study tips from your editors



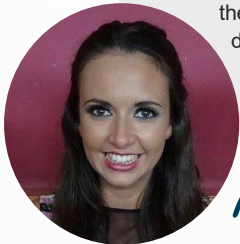
*Fabia*

"You can use apps like Trello or Google Calendar to help organise yourself. To relax, there are apps like Headspace, or you can find a YouTube meditation channel like Mindful Movement. YouTube channels can also be a great place to find workouts you can do from home."

*Heather*



"I use the pomodoro technique to help with productivity and focus. You pick a task, set a timer for 25 mins (a pomodoro) and work only on that task until your timer rings. Then tick off this task on your list, take a short break and continue. After 4 pomodoros you take a longer break."



*Natalie*

"I like to make lists of all the things I need to do then score them out once completed. Although a long list may seem daunting by scoring out activities, I also see how much I have accomplished which helps keep me motivated."

*Juki*



"Find a quiet space for study and remember to take regular breaks. Breaks can involve getting a snack or simply getting some fresh air. Don't be afraid to ask questions! Ask a friend - or search the Internet for useful websites. There are many helpful resources out there."



*Manohar*

"You can input key things on mobile phone notes and even use voice recorders to communicate your key messages. Listening to podcasts can be helpful. Use some meditative music to avoid distractions during your study time!"

*Kerry*



"Technology can greatly enhance your organisation! I have the google calendar app on all my devices and use this to ensure I don't forget to do anything on my to-do list. I can also send myself reminders via the app, so that I am always prepared for upcoming activities."



*Catarina*

"Make sure you get enough sleep, as this will greatly improve your concentration and memory! If you have an exam the next morning resist the temptation of pulling an all-nighter and get some proper rest."

