

# LOOKING BACK & PLANNING AHEAD

**Take a moment to reflect on your study strategies.**



Going forward in your studies, what are some things you want to continue doing, stop doing and start doing?

## Start

Revising for exams.

Working on your Study, Money & Life Skills.

Using Study Smart.



## Planning for intra-session break

Pause and rest. Arrange other areas of your life to reduce stress later.

Review your notes and materials.

Plan and prepare for upcoming assignments.

Catch up on readings, videos, tutorial activities and online discussions.

## Continue

Attending all classes.

Checking vUWS.

Taking notes in class.