

Tips to Prepare for the Session



My goal for this session is:



Keep your goal in mind

Every task that you do, whether big or small, is to help you reach your goal for the term and avoid burnout. Check your learning guide and marking scheme before embarking your studies.



Practise Time Management Skills

Prioritise tasks. Set daily routine. Break your goal into manageable chunks and then focus on the task at hand. Balance important aspects of your life. Schedule breaks in your daily routine to better manage your stress.



Utilise your Strengths

Re-evaluate regularly on what works. Identify and utilise your strengths and resources. Celebrate incremental success and create rewards for achievements to help you feel positive with your studies.



Prioritise your Happiness

Prioritising your own wellness enables you to consistently pursue your goal. Schedule and participate in tasks that are engaging, meaningful and pleasurable. Get sufficient sleep and take care of your physical and mental health.



Stay Connected

Friends and family can help you relax when you are feeling overwhelmed. Spare time for pleasurable activities with people you care. Also keep in touch with your learning community (e.g. coursemates, unit coordinator & PASS) to stay motivated with your studies.



Get Support

Come and Talk to us
WSU Counselling Team

Email:
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Phone:
1300 668 370 (option 4 then option 1)
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