

Independent Study Practical Tips!

WEEKLY PLANNER

Block out classes, study sessions, and time for breaks. Seeing your week laid out helps you stay balanced and avoid last-minute stress. This could be done on a weekly basis or a semester basis. You could separate different weeks to plan around one piece of work, such as an essay or report.

REVISION TIMETABLE						
MON	TUE	WED	THU	FRI	SAT	SUN
9AM - 10AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	10AM - 12PM REVISE SUBJECT 1	REST!
BREAK!						
11:30AM - 1:15PM REVISE SUBJECT 2	11:30AM - 1:15PM REVISE SUBJECT 2	11:30AM - 1:15PM REVISE SUBJECT 2	11:30AM - 1:15PM REVISE SUBJECT 2	11:30AM - 1:15PM REVISE SUBJECT 2	12:45PM - 2:45PM REVISE SUBJECT 2	REST!
BREAK!						
2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	3PM - 5PM REVISE SUBJECT 3	REST!
BREAK!						
4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	GO HAVE FUN	REST!

SET CLEAR GOALS

Before each study session, set a small, specific goal (e.g., "Summarise two lecture slides" or "Read one article"). It keeps you focused.

FINDING THE BEST TIME

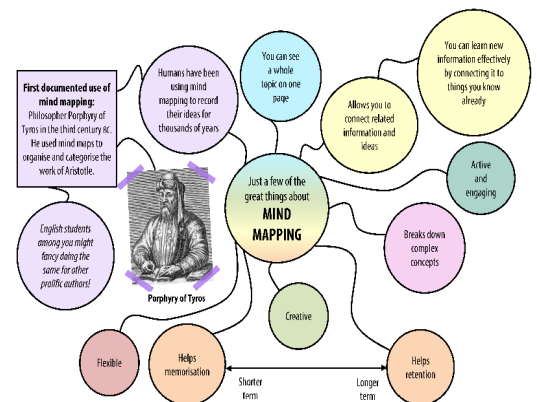
Some people focus better in the morning, others at night. Pay attention to when you feel most alert and use that time wisely.

REFLECT ON WHAT WORKS FOR YOU

At the end of each week, ask yourself: What helped me learn? What didn't? Adjust your approach bit by bit. This can give you better self-awareness to enhance your academic skills and learning experience.

MIX UP YOUR STUDY METHODS

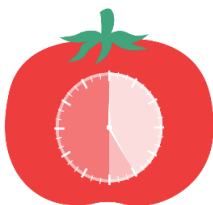
Don't just re-read notes: Try mind maps, flashcards, explaining things to a friend or using online quizzes. Active learning sticks better. Mobile Apps like Quizlet and Mindmap and are for creating digital flashcards and mind maps.



TRY THE POMODORO TECHNIQUE

Study for 25 minutes, then take a 5-minute break. After four sessions, take a longer break. Great for keeping energy and focus up.

Pomodoro Technique



25 min working
5 min resting

OTHER TECHNIQUES

Along with the pomodoro technique, there is the flowtime technique. This technique involves working until you feel natural dips in focus. This aims to reduce natural distractions over a period. Some have found it easier to do the reverse pomodoro, with 25 mins of free time and 5 mins of study. There are various established techniques out there, why not try them all out?