



Australian  
National  
University

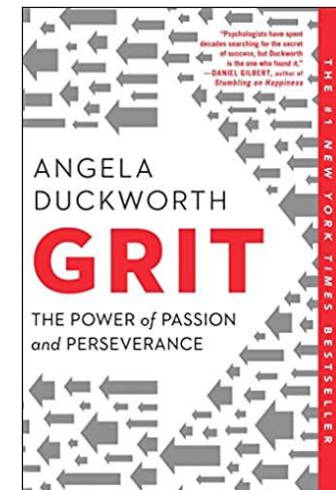
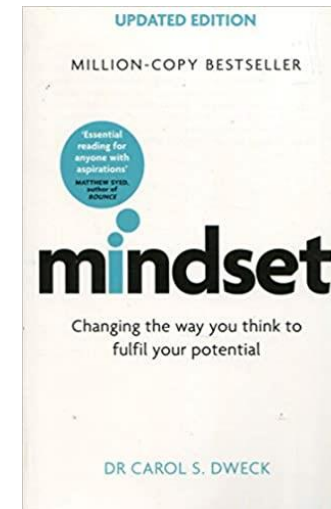
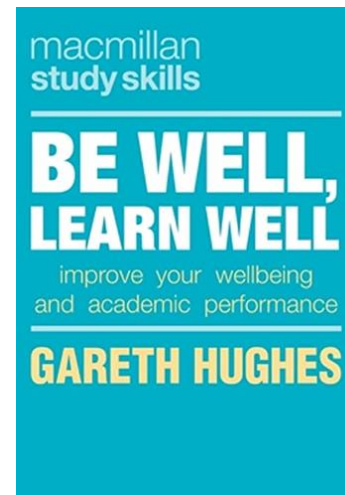
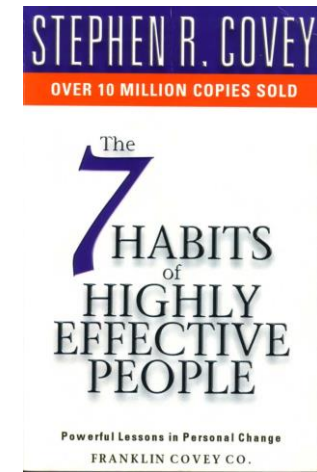
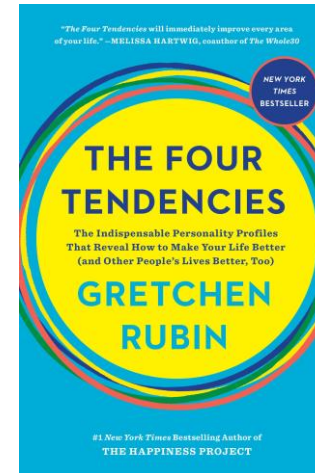
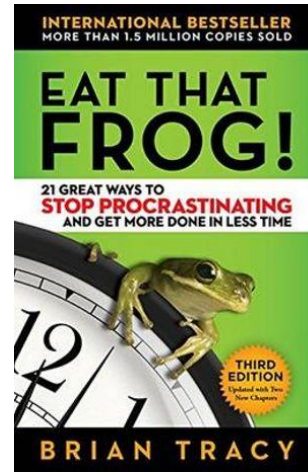
# How to Succeed at Uni

ANU Library Academic Skills

ANU Counselling

# Outline

- Managing your time
- Maintaining
  - balance
  - motivation
  - Positive mindset



- Not all of this content will be relevant to you
- See what makes sense for you
- Focus on taking away two or three key points!





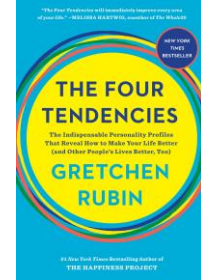
Too much  
time?

Too little  
time?

Unstructured

Know yourself

ΚΝΟΜ ΛΟΠΙΣΕΙΤ



Expectation

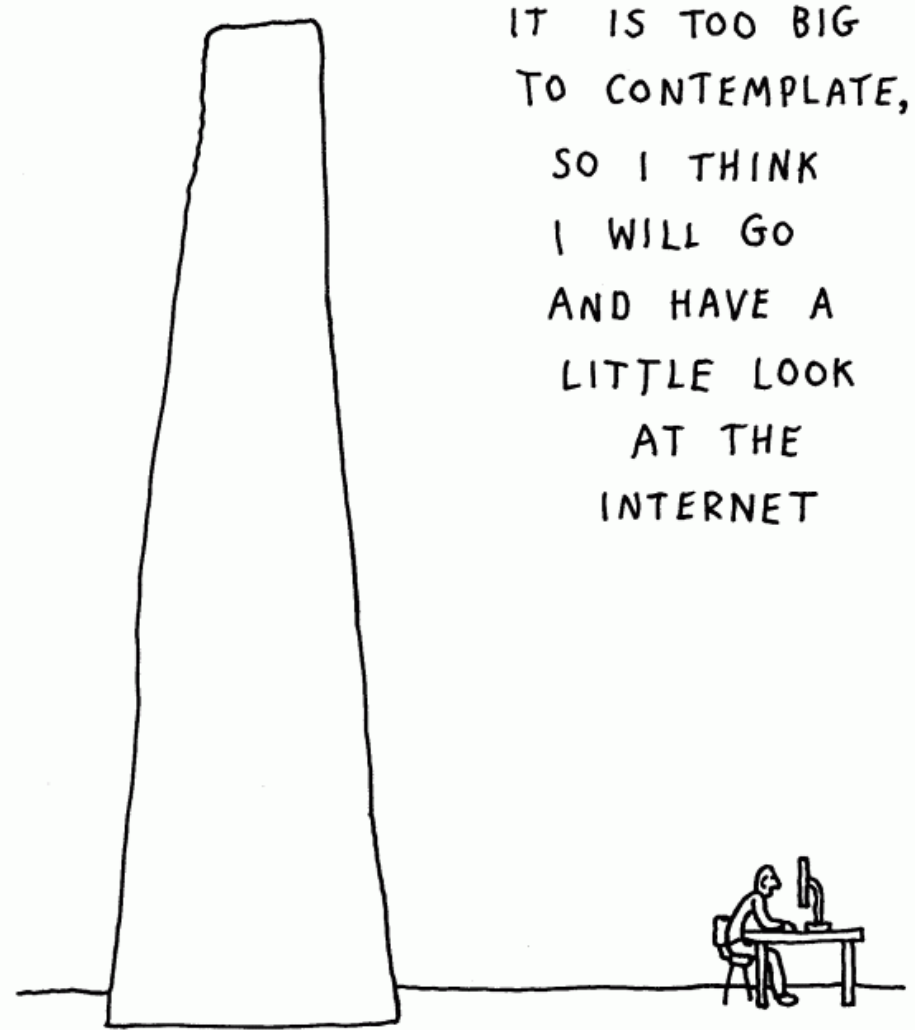
Accountability

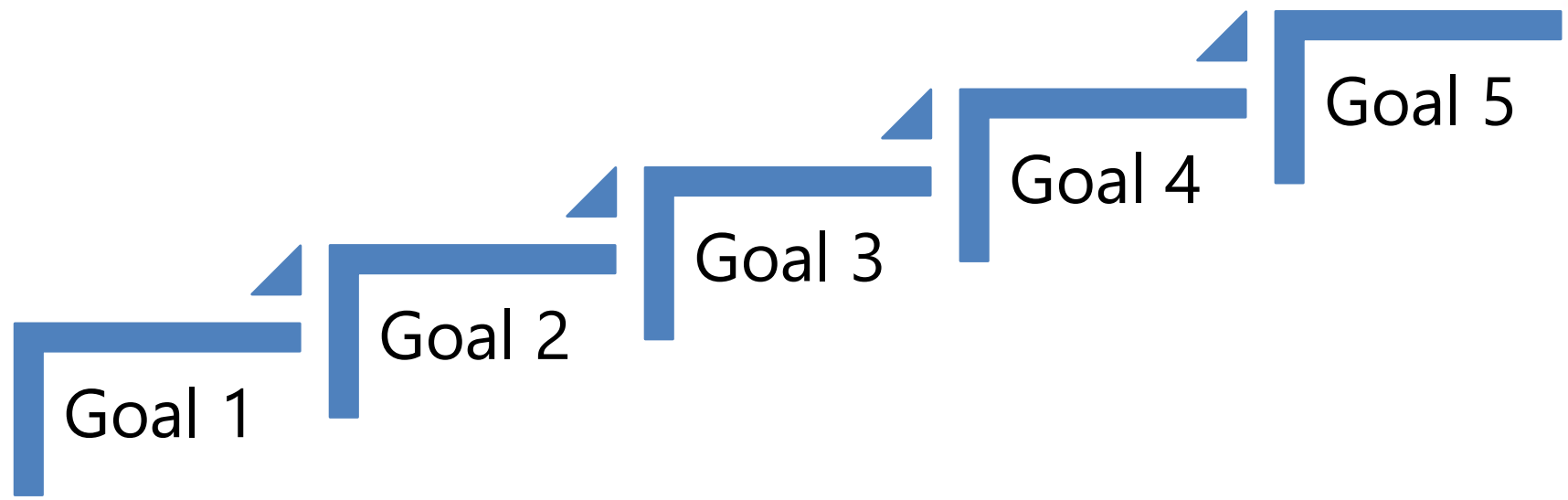
Reality




- What helps you to stay accountable when meeting an expectation?
- What strategies have you used in the past?
- What do you think might work in your studies?







# Bigger picture planning = break down your tasks

 Australian National University		SEMESTER PLANNER															Exam	Exam	Exam			
Course	Weeks		1	2	3	4	5	6	Break	Break	7	8	9	10	11	12	Exam	Exam	Exam			
Tasks	%		20/2	27/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	1/5	8/5	15/5	22/5	29/5	5/6	12/6			
BUNZ-00-	Tut Quiz	10		DUE	DUE	DUE	DUE	DUE			DUE	DUE	DUE									
	Mid semester	25			—————							DUE										
	Report	15									—————						DUE					
	Exam	50	—————																	DUE		
WU02-00-	Mid sem	30			—————									DUE								
	Tut tests	10			—————			DUE														
	Exam	60			—————																	DUE
H-22-00-	Tut Quiz	15		DUE	DUE	DUE	DUE	DUE			DUE	DUE	DUE	DUE	DUE							
	Mid semester	25									—————											
	Exam	60	—————																		DUE	
U4-12-00-	Quiz	10		DUE	DUE	DUE	DUE	DUE			DUE	DUE	DUE	DUE	DUE							
	Assignment	30				—————					DUE					DUE						
	Exam	60	—————																		DUE	

<b>Academic Skills &amp; Learning Centre</b> W anu.edu.au/students/learning-development E academicskills@anu.edu.au T +61 2 6125 2972	<b>Access &amp; Inclusion</b> W anu.edu.au/students/health-wellbeing/diversity-inclusion E access.inclusion@anu.edu.au T +61 2 6125 5036	<b>Medical Services</b> W anu.edu.au/students/health-wellbeing/medical-services E health.reception@anu.edu.au T +61 2 6125 3598	<b>PARSA</b> W parsa.anu.edu.au E parsa@anu.edu.au T +61 2 6125 4187	<b>Chaplaincy</b> W anu.edu.au/students/contacts/chaplaincy E chaplaincy@anu.edu.au T 6125 4246
<b>Counselling Centre</b> W anu.edu.au/students/health-wellbeing/counselling E counselling_centre@anu.edu.au T +61 2 6125 2442	<b>Careers</b> W anu.edu.au/students/contacts/student-experience-career-development E careers@anu.edu.au T +61 2 6125 3593	<b>ANUSA</b> W anusa.com.au E sa.admin@anu.edu.au T +61 2 6125 2444	<b>Dean of Students</b> W anu.edu.au/students/contacts/dean-of-students E dean.students@anu.edu.au T +61 2 6125 4184	<b>Emergency</b> T 000 <b>ANU Security</b> T +61 2 6125 2249 (Press 1 for Emergency)

# Establishing a routine - work out your weekly pattern

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
7:00 AM														
7:30 AM														
8:00 AM														
8:30 AM														
9:00 AM	Course 1 lecture	Study	Study	Work	Study									
9:30 AM														
10:00 AM								Course 4 tutorial	Study					
10:30 AM														
11:00 AM	Study	Course 2 tutorial												
11:30 AM					Lunch	Lunch	Lunch							
12:00 PM	Lunch	Lunch	Lunch	Lunch										
12:30 PM														
1:00 PM	Study	Course 3 tutorial/lab	Study	Study	Study	Study	Work							
1:30 PM														
2:00 PM														
2:30 PM														
3:00 PM	Course 2 lecture	Study	Course 4 lecture	Course 1 tutorial										
3:30 PM														
4:00 PM		Course 3 lecture		Study		Hobby								
4:30 PM														
5:00 PM	Course 3 lecture	Study			Work									
5:30 PM														
6:00 PM	Dinner	Dinner	Dinner	Dinner			Dinner	Dinner						
6:30 PM														
7:00 PM	Study	Study	Sport											
7:30 PM														
8:00 PM														
8:30 PM														
9:00 PM														
9:30 PM														

TIME BUDGET:

Blue zone (must do): 12.5 contact hrs

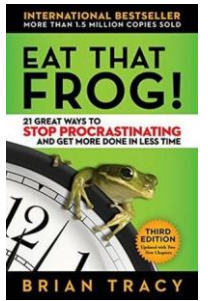
Orange zone (independent study blocks) 27.5hrs

Purple zone (would like to do)

# Completing tasks - Develop lists to plan study sessions

## Task list

## Today's to-do list



### BUSB Report

#### 1) ~~PREPARATION~~

- ~~choose competitor~~
- ~~get background info~~

#### 2) ANALYSIS

- ~~gather data~~
- perform calculations
- further research

#### 3) WRITING

- report plan
- first draft
- re-draft + edit

### TO DAY

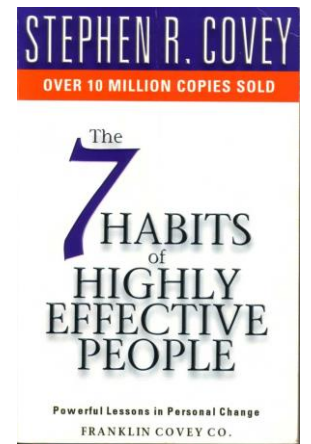
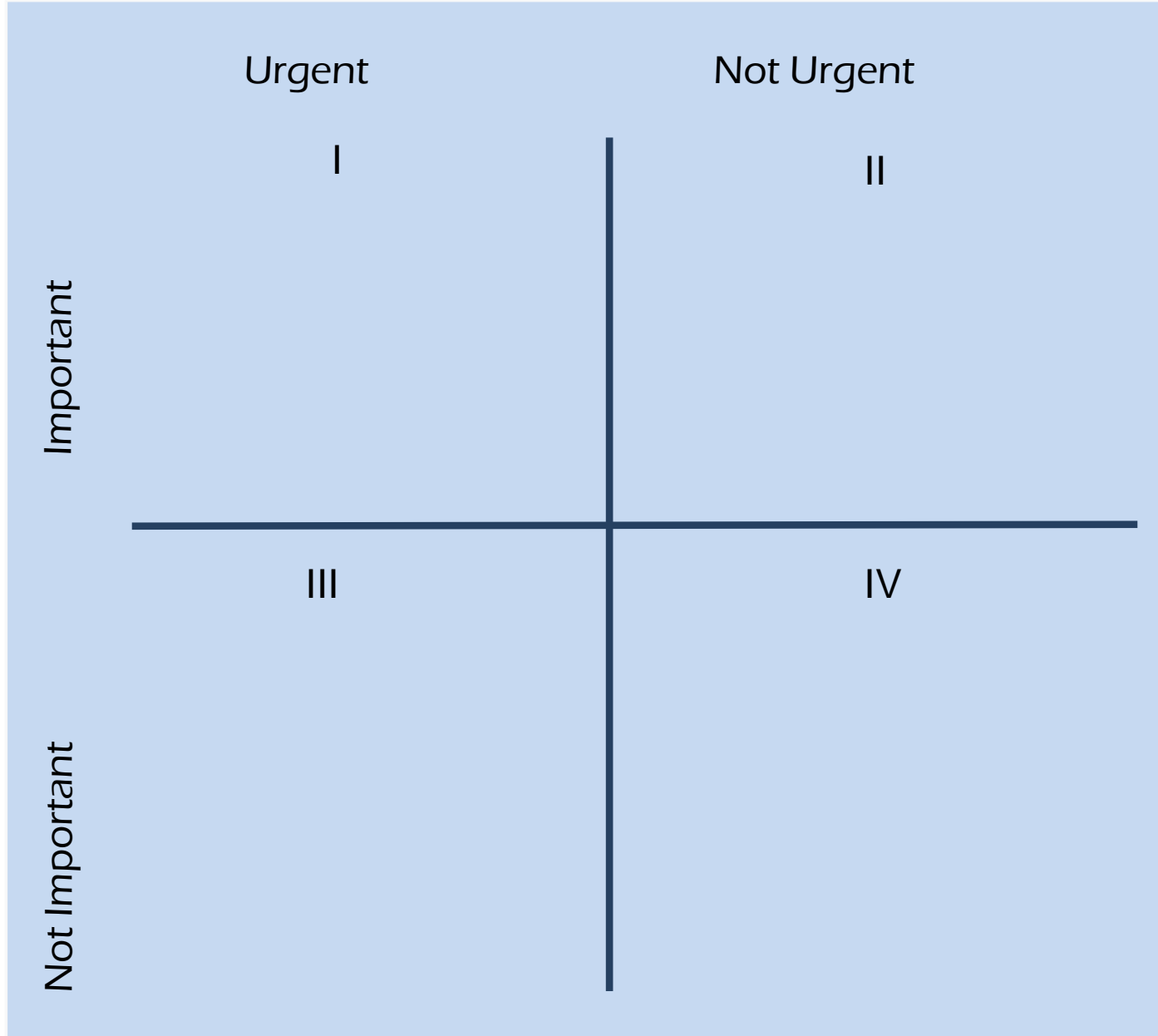
- \* Summarise ECON lecture
- \* Practice for STAT quiz
- \* Prepare for STAT assignment 1
- \* **Perform calculations for BUSB report**
- \* Revise for ECON tute test



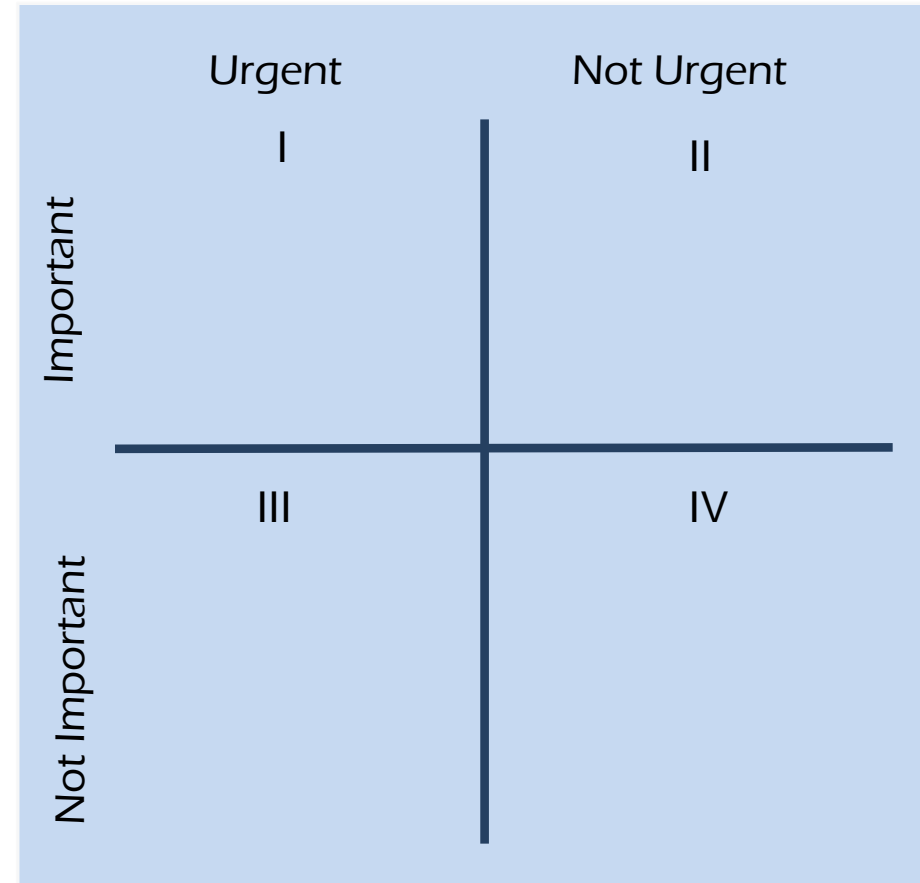
How do you work out what to prioritise?



# Covey's Quadrants



- What sort of activities do you think fall into the quadrants?
- How do you distinguish what is important?









✓ Break  
bad  
habits



✓ Develop  
good  
habits





# Maintaining Motivation

Is it normal to feel unmotivated  
sometimes?

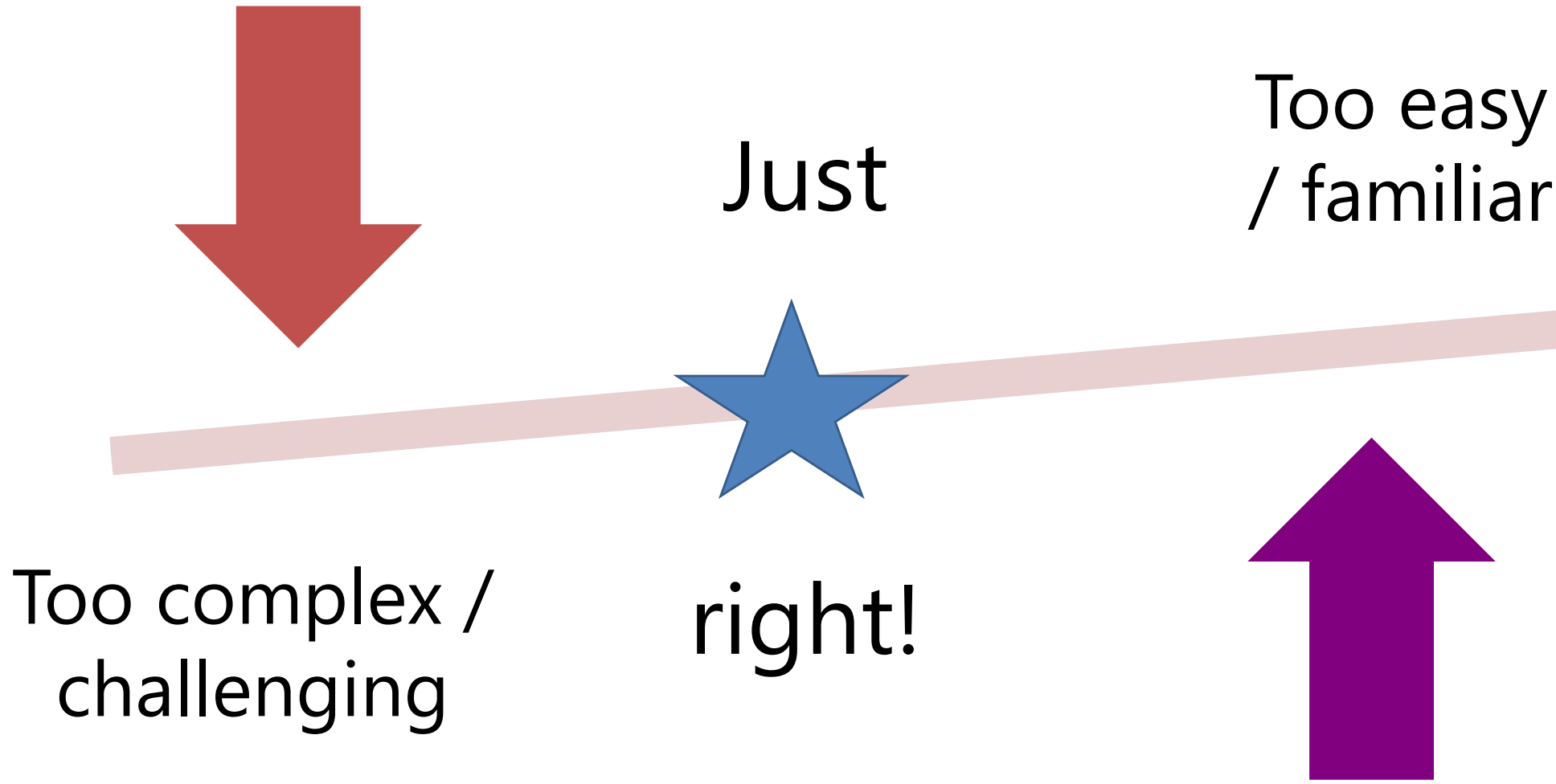


# Barriers to maintaining motivation

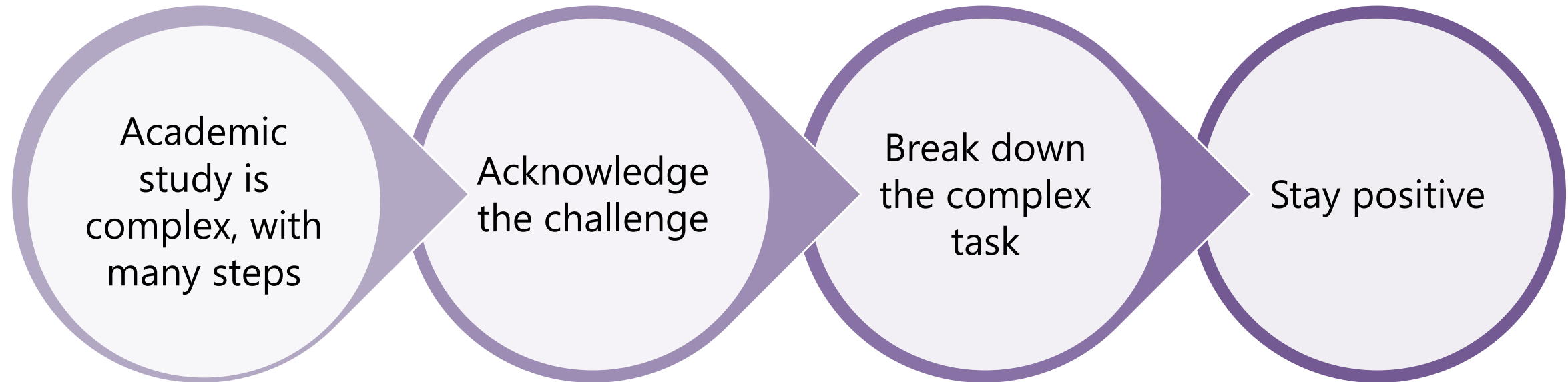
- Boredom
- Anxiety
- Uncertainty
- Habit
- Competing priorities
- Feeling tired or lacking in energy

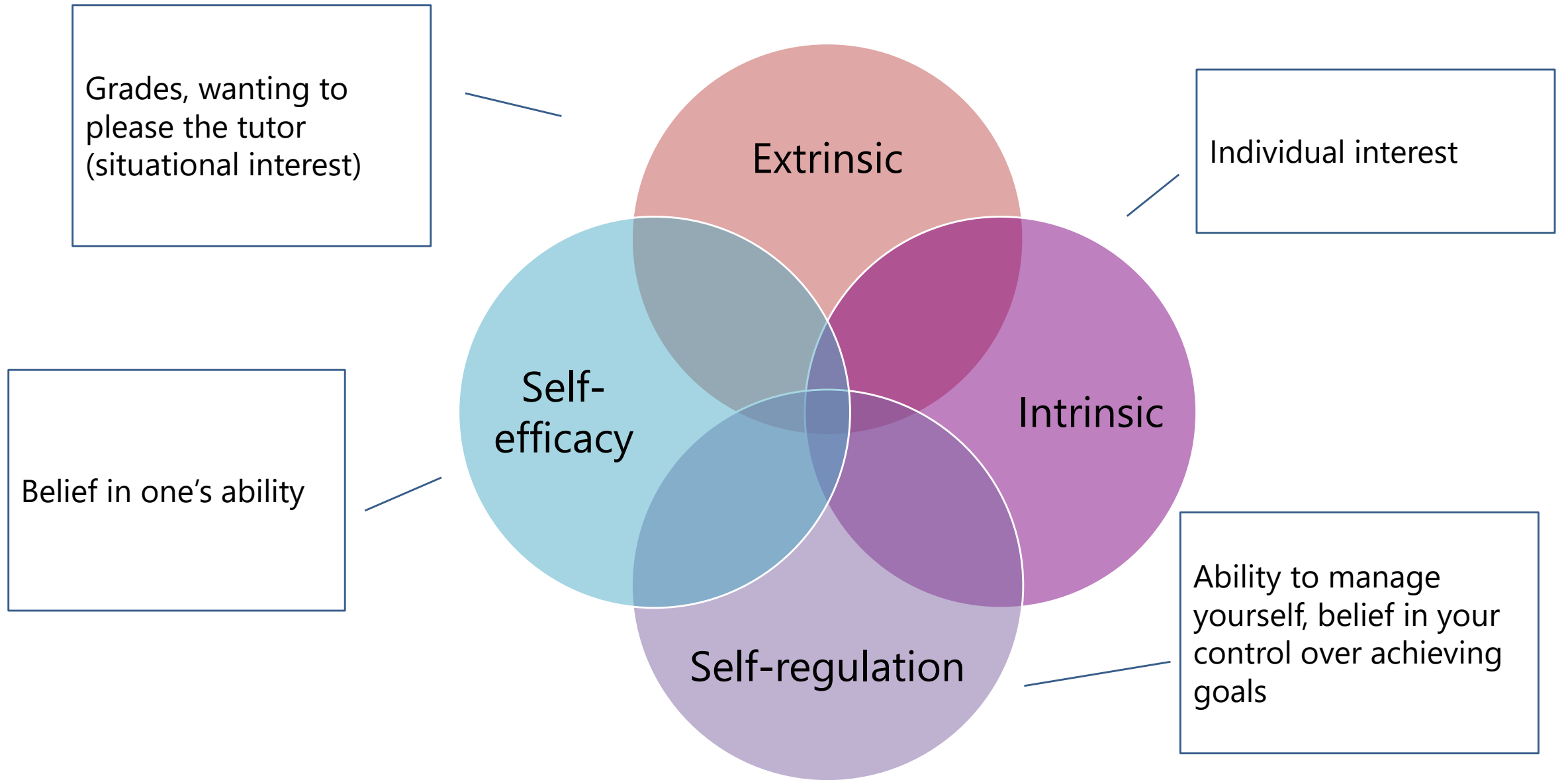


# Maintaining motivation



# Maintaining motivation





Mackiewicz & Thompson 2013,  
p. 45



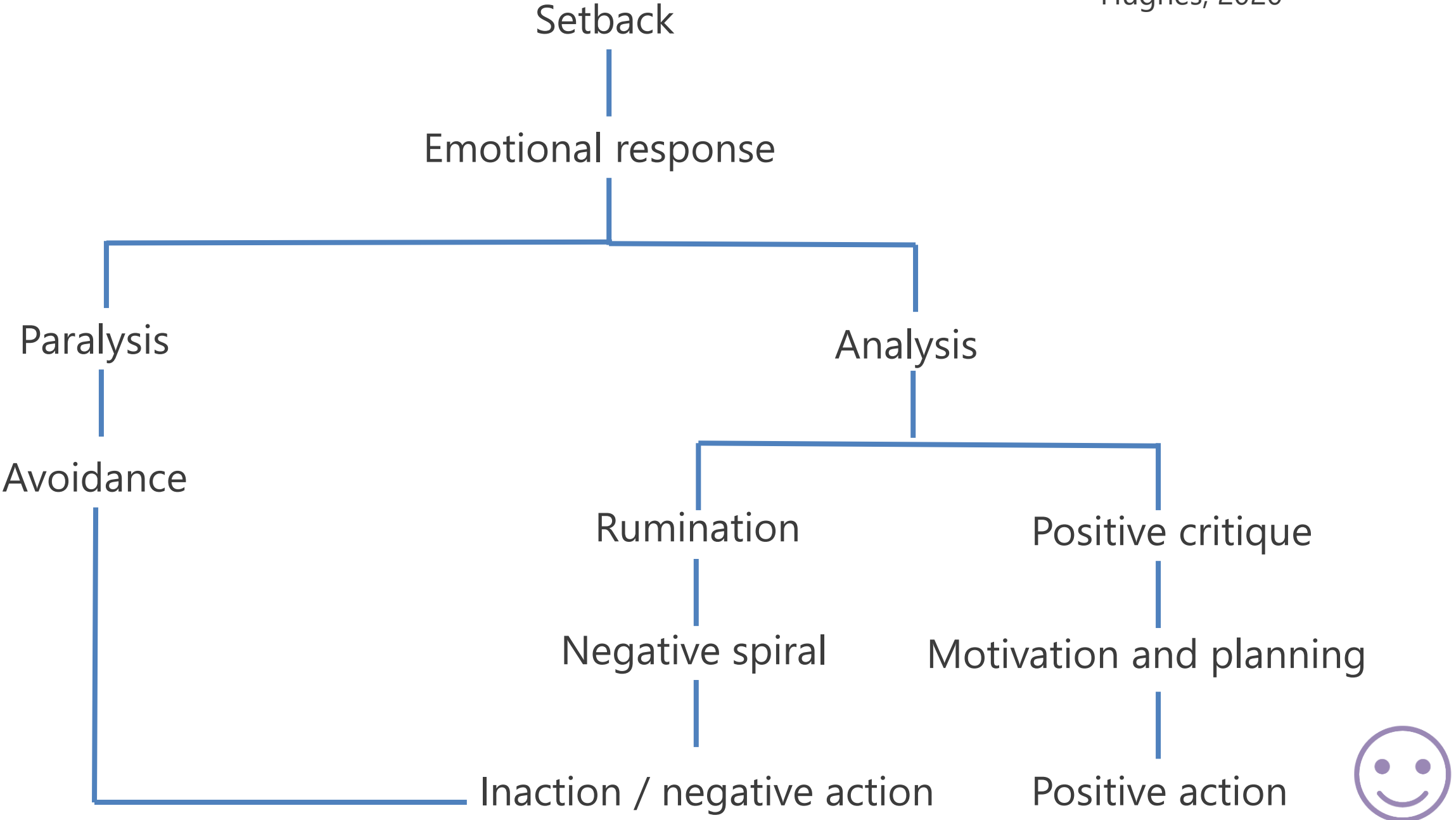
What's motivating you? What's your  
intrinsic motivation?



# When things go wrong

- Not everything will work out just as you'd hoped
- That's ok
- Mistakes are a crucial part of learning
- Emotions are ok (disappointment, worry, frustration), what you do next makes a difference





# Small steps

It takes time  
and practice  
to manage  
our time well  
and maintain  
motivation



# Balance and wellbeing

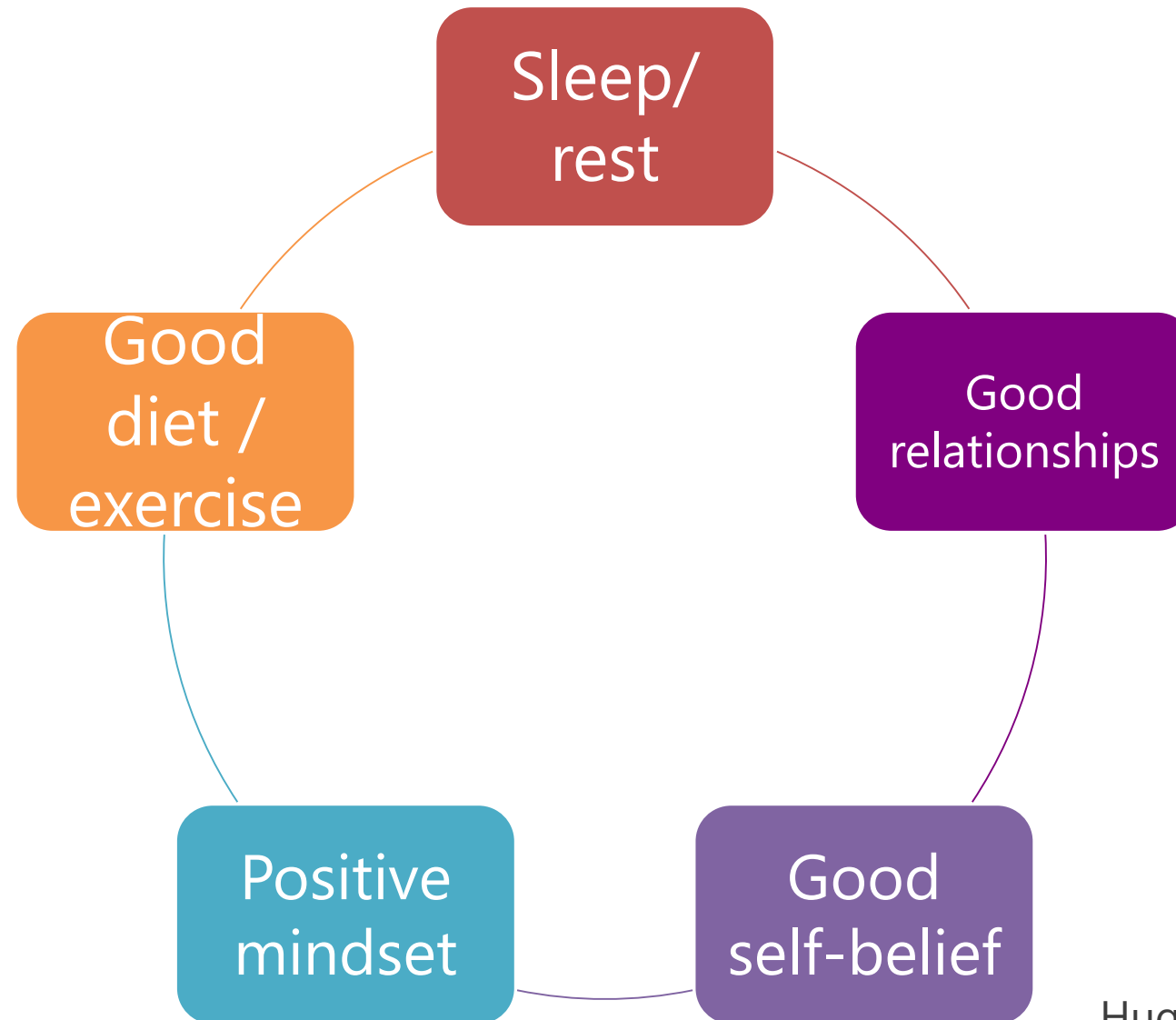
Is poor sleep a normal fact of life,  
especially for a uni student?

Is poor sleep a normal fact of life?

**NO.** Giving up sleep to study has the opposite intended effect: without good sleep, we are more likely to forget the things we learned.



# What do we mean by wellbeing?



Hughes, 2020





# Social well-being and learning

- Community of learners
- Isolation leads to poor health

Not all friendships need to be close:

- Convenience
- Shared interests or pleasures
- Emotional intimacy



True or false:

*At university, I should expect to be stressed. Working hard and stress go hand in hand.*

I should expect to be stressed. Working hard and stress go hand in hand.

## Stressed

- Fear response
- Reduces ability to think
- Leaves you feeling out of control
- Negative impact on performance

vs

## Stretched

- Challenged
- Pushed to the limits, but believe you can succeed

Hughes, 2020





Physical health

Psychological health

Academic performance

Social health



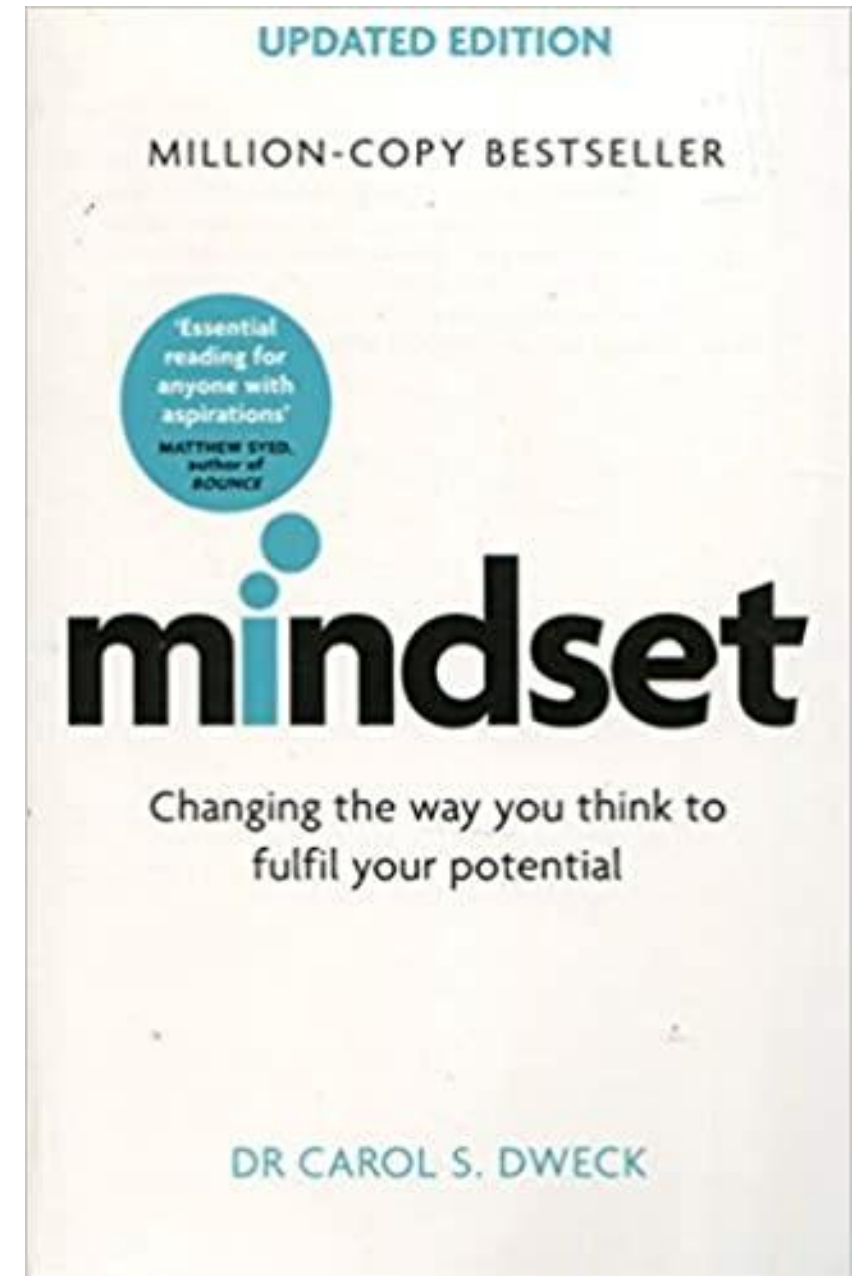
Academic skills, effort and approach



Hughes, 2020



# Growth mindset





- What messages have you received about a fixed or a growth mindset?
- How do you feel about failure?



# What can you do to develop a growth mindset?

- **Monitor your thoughts**, watching out for negative self-talk. "I'm not good at this." "Everyone else is better than me." "I can't let anyone know I'm confused by this problem."
- **Use positive language**: "What have I learnt?" "Things I can improve are..." "What's another way to approach this?"
- **Seek feedback**: the more the better, it's how you improve
- **Feel inspired** by others' success. Not only famous people, but classmates, friends, tutors, lecturers, and try to spend more time with those people.





# Important takeaways:

- You can enjoy uni, be mentally well, and learn well.
- Negative emotions are ok.
- No one knows how to do everything straightaway.
- You can learn and get better at being a student (and at life).
- The basics matter—breathe, sleep, eat healthily, exercise, and enjoy time with friends.
- We got to uni to learn, not to acquire grades.
- Using support is a great skill, and one you can improve.
- You don't have to be perfect to create a life that makes you happy.
- One step at a time. (Small changes build into big change.)



Be well, learn well:  
success!

- ANU Counselling has a range of helpful resources in addition to our counselling services. You may find helpful information in our [Mental Health Resources](#), [Talking Tips](#), [Mindfulness course](#) or [weekly mindfulness group practice](#)

**ANU Wellbeing and Support Line**

**24-hour telephone and texts counselling support service available to ANU students experiencing situational stress, emotional difficulties and mental health concerns.**

**Phone:  
1300 050 327  
SMS Text message  
service: 0488 884 170**

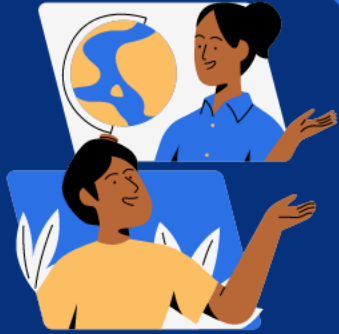
For urgent support: <https://www.anu.edu.au/students/health-safety-wellbeing/counselling/urgent-support>



# Individual consults to support your academic writing and research skills



SCAN ME



## LEARNING ADVISERS

- Boost your research and academic writing skills
- Receive expert, individualised feedback to improve your writing
- 45 minute booked consults on Zoom
- Written feedback also available
- Available Mon-Fri throughout the year 9am-6pm



## WRITING COACHES

- Check in to see your assignment is on the right track
- Receive individualised feedback to improve your writing
- 30 minute booked consults on Zoom
- Written feedback also available
- Available Mon-Fri during semester 10am-4pm



## PEER WRITERS

- Ask a quick question
- Receive immediate feedback from a fellow student on assignments, exams, revision, time management and more
- 10-15 minute drop-ins
- At Chifley Library or via Zoom
- Available Mon-Fri during semester 12-2pm



## DIGITAL LITERACY TRAINERS

- Receive support for your thesis and journal article formatting, EndNote reference management and subject-specialist research consultations
- 30 or 60 minute booked consults on Zoom
- Available Mon-Fri throughout the year 9am-6pm

## References:

Dweck, CS 2016, *Mindset: the new psychology of success*, Ballantine Books, New York.

Hughes, G 2020, *Be well, learn well: improve your wellbeing and academic performance*, Red Globe Press, London.

Duckworth, A 2017, *Grit: the power of passion and perseverance*, Vermillion, London.