



Hi, I'm Stu, your study support friend!

Here are some tips for when you're overwhelmed

Connection

- ☐ I talk to someone when I'm feeling overwhelmed
- ☐ I revise with a group so we can motivate each other to stay focused.
- ☐ I spend time with people who make me feel calm, even if it's just a quick chat or a walk.

Healthy Thinking

- ☐ When I slip up, I remind myself it's part of learning, not failing.
- ☐ I try to speak to myself like I would to a friend.
- ☐ I balance study time with things that make me feel human, things like music, fresh air, movement.

Routine & Balance

- ☐ I have a study plan that includes breaks (and I actually take them).
- ☐ I know what works best for me, whether it's studying alone, with a tutor, or in short bursts.
- ☐ I set time limits on late-night cramming to let my brain rest.

Purpose

- ☐ I remind myself why I'm studying, the goal beyond just the grade.
- ☐ I notice progress, not just results.
- ☐ I've written down what I want to feel proud of once exams are over.



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