

Session 3: Basic Study Strategies

Objectives for session:

- Students can share their experience of common issues around time management and organisation.
- Students are given tools to manage their academic expectations realistically and reduce stress.
- Shared questions and concerns increase sense of belonging and reduce imposter phenomenon.
- Students begin to practice self-reflection in the context of their learning.

Useful resources:

- Group List (see <https://s2svolunteer.tcd.ie>)
- Room Number
- [Icebreaker suggestion list](#)
- [Time Management Interactive resource](#)
- [Learning at university PDF](#)
- [Avoiding Procrastination infographic](#)
- [Traffic light reflection](#)

Ideas for activities:

Welcome

- Help group feel connected to each other and have fun with an icebreaker.

Talk Around Topics:

Reflection on the Time Management interactive resource

If conversation is not forthcoming use the following questions.

- Does anyone struggle to plan their time?
- What do you think the expectations are for your non-contact hours (i.e. time you are not in lectures/tutorials etc?)
- How do you strike a healthy balance between work and time for yourself/relaxation?
- What do you do to unwind?

Active Learning - what does this mean and how do you do it?

If conversation is not forthcoming use the following questions.

- What are the biggest differences between studying at university and at school/college?
- How do you motivate yourself to study?
- What do you think self-regulated learning means?

Procrastination - what does this mean and how do you avoid it?

If conversation is not forthcoming use the following questions.

- What is the difference between relaxation and procrastination?
- What are your favourite/go-to procrastination techniques?
- What helps you to avoid procrastination?

Wrap-up

- Summarise discussion, including positive moments and further action
- Ask group members to try a traffic light reflection based on the discussions you've had today
- Check-in around topics group would like to cover in next session

Please remember to fill out the [feedback form](#) after the session