

PG Tips

Healthy Study Practices

Discussion Questions

What is your most/least ideal studying environment?

How do you implement taking breaks while studying?

Have you tried a new way of working recently?

What do you find helpful when you are finding it hard to concentrate?

Are you someone who leaves things to the last minute?

What are the best ways that you have found to balance study with other commitments?



PG Tips

Healthy Study Practices

Tips

- Find your ideal study spot and make sure it is comfortable.
- Switch up your tasks regularly. If you are finding something difficult to complete, distance yourself and come back to it.
- It can sometimes be hard to motivate yourself so try working with friends.
- Find your level of background noise, whether that is complete silence or the complete opposite.
- Try new ways of working such as the 'Pomodoro' Technique.



PG Tips

Healthy Study Practices

Library Resources and Services



Research and Academic Support Librarians

Tailored support from your subject Librarian. They can help with locating resources, developing your research skills, and more.



Write Here Write Now

Write Here, Write Now is a focused work sessions promote quiet study time, alongside breaks when you can chat to other students and grab some free refreshments. The perfect event to beat procrastination!



Productivity tools

Many apps and software can aid and improve productivity. The University has access to several University licenced or free tools, which can be filtered by productivity need and/or your operating system. If required we also provide assistive software.



Student Toolkit

A selection of resources written by students for students. Find tips and tricks on studying, revising, academic writing, and more.

PG Tips

Healthy Study Practices

University Resources and Services



Wellbeing Services

Work with you to develop the personal resources and skills you need to navigate the challenges and opportunities of student life. From the moment you arrive until the day you graduate, all our services are available to ensure you get the most out of your time here.



Skillscast

The Skillscast is a podcast all about how you can learn and develop your skills while at University.



Blogs

Find out what it is really like to study at the University of Warwick directly from our current students – get answers on campus life, study support, wellbeing, and more.