

Finding your work & study balance

Balancing studying and working can be challenging, but with the right strategies and mindset, succeeding at both is achievable.

CREATE A STUDY SCHEDULE

Prioritise tasks: Identify your most critical tasks and prioritise them.

Stay consistent: Allocate specific times for studying each day to build a routine.

Tools can help: Notebooks, calendars or digital apps can be handy to track your schedule.

MANAGE TIME WISELY

Avoid procrastination: Tackle tasks promptly to prevent last-minute stress.

Use in-between time: Make use of free time, such as commuting, for light studying or reviewing notes. Every bit counts!

Breaks are important: Take short, regular breaks to rest and recharge.

DEVELOP EFFECTIVE STUDY HABITS

Study environment: Find a quiet, comfortable place free from distractions.

Active learning: Engage in activities such as summarising, questioning and even explaining to others.

Note-taking: Find a system that works for you, whether it's digital or handwritten.

CARE FOR YOURSELF

Sleep, move, eat: Aim for 7-9 hours of sleep each night, regular daily movement, and a balanced diet for optimal functioning.

Advocate for yourself: Communicate with employers and trainers about your commitments, and set boundaries as needed.

SEEK SUPPORT

When you're studying with Selmar, there's always help when you need it. From your trainer to our Client Service Consultants, we have a wide range of resources and support available for you on your study journey.