Session: 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?

Advanced Mentor Session Framework

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!