

Quick tips to start studying

5-minute plan

Do you find it hard to get started? Then this 5-minute plan might help.

Make a deal with yourself that you are going to study for five minutes. After five minutes, you can decide whether you are prepared to stick at it for another five minutes. This approach is intended to be completely non-committal. So you don't have to keep working for another five minutes if you don't want to. However, many students feel that they are able to keep going once they have actually made a start.

The step-by-step approach

Are you behind in your studies? Do you feel a bit despondent and are you not really sure where to start?

Don't worry! Start with a specific study task that is doable, such as reading a page of a book or emailing a fellow student. Then you can decide whether you want to continue. Think about some specific tasks you can do and write them down. This is how you can break down that mountain of work into bite-sized tasks.

Pro tip: turn off your smartphone when trying these tips!