

LEARNING DEVELOPMENT



NEED HELP WITH?	RESOURCE
Academic Study Skills	Creating a personal study atmosphere at home & other Create goal-orientated study sessions Text Mapping Focus & Concentration How to effectively study for continuous assessment How to answer multiple choice questions Time Management in an online environment Self-directed learning: Advice for online learning Procrastination
Assessment & Exam Strategies	Effective ways to decode and respond to exam questions Preparing for online exams during study break Planning and preparing for a take home exam Analysing and answering essay type questions Revision strategies
Personal & Professional Skills	Stress & Coping Staying motivated while at home & other Mind-set Management (Part A) Mind-set Management (Part B) Lifestyle and Healthy Living Persistence & Positive Attitude

