

# STUDY TIPS FOR SUCCESS

## FROM NTU WELLBEING

### Start the Day on Time.

#### Struggle with getting up late?

Set two alarms to go off in sequence.  
Put the alarms across the room so you must get out of bed to turn it off.

#### Struggle with getting side tracked ?

Figure out how much time you need to dress, eat, and get organized, then set alarms or other reminders

#### Struggle with being disorganised ?

Collect all the things you'll need the next day the night before and put them by your door so you can grab them and go.

### Study space

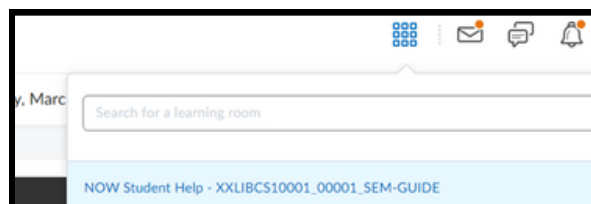
Choose a quiet, well-lit space free from distractions. A designated study area helps signal to your brain that it's time to focus. If you don't have this space at home you can use the library study spaces. [Study spaces | Nottingham Trent University](#)

### Plan

Set aside specific times for studying and stick to your schedule as much as possible. Consistency helps develop habits and makes it easier to focus when it's time to study. If you need help creating a study plan that works for you the library support services can help with this. [Book in with a member of the Learning and Teaching Team or a Student Mentor.](#)

### Use the library support services.

Go to NOW student help , click on the squares , search now student help and pin it for a quick link.



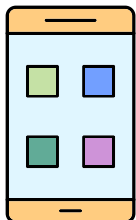
From here you can book on workshops , book in to 121 sessions , check out webinars and explore all the other resources the library has on hand to support your studies .

## Take Breaks



Take regular breaks: Working for extended periods without breaks can lead to you feeling tired and unable to focus. Schedule regular breaks every 30-60 minutes to get up, move around, and clear your mind

5min	10min	30min	1hour
Make a drink and enjoy it undistracted	Do a guided meditation	Exercise :- yoga, a run, a brisk walk	Watch an episode of your favourite TV show
Cuddle a pet or soft toy	Take a walk	Call a friend or family member for a catch-up	Go for coffee with a friend
Text a friend	Do a quick tidy and clean of your room	Have a nap	Cook or bake something tasty
	Listen to your favourite songs		



**Phone apps to help with studying.**

[Forest - Stay focused, be present \(forestapp.cc\)](https://forestapp.cc)  
[Time Timer Visual Productivity - Apps on Google Play](#)  
[Focus Keeper - Pomodoro Timer](#)  
[Brain Focus Productivity Timer - Apps on Google Play](#)  
[Notability](#)



NTU Support and Wellbeing referral form