

Planning for a good semester



Planning and goal setting are an important element of a successful semester. Planning helps give structure to your goals. While you can carry out planning at any time, it can be a good idea to develop a plan at the beginning of the semester.

Planning involves identifying what tasks need to be done, when they need to be done, how they can be done, and how important they are to complete.

Tips for planning:

- **Learn from your experiences:** Take a moment to reflect on your last semester, or the last time you studied. What worked well? What didn't work so well? Reflecting can help you to implement strategies that have worked in the past, as well as trying new things to address past concerns.
- **Make your plan realistic:** Having unmanageable plans that are impossible to maintain can lead to feelings of failure and lower motivation. Having a more realistic plan can help you stay on track for the semester.
- **Use a calendar or diary:** It is very difficult to keep track of all your assessment tasks in your head. Use a diary or calendar to keep track of when these are due, as well as other life responsibilities (e.g., work commitments). This allows you to see when you have busy periods coming up, which helps with planning in advance.
- **Write down your plan:** Having steps within your plan and writing these down can help to keep you accountable, and make it easier to reflect on your progress.
- **Prioritise 'me' time:** To get through the semester without burning out, it is important to plan some activities which help you relax and de-stress. This could include catching up with friends, going to the gym, or watching your favourite TV show.
- **Utilise university resources:** The University has a number of great resources to support you in achieving a successful semester. This includes free semester planners, peer mentors, and peer assisted study sessions. See the University of Newcastle website for more information.

Support on campus

Learning and Development Team

This team offers workshops and individual consultations to support you in developing skills for academic success.

www.newcastle.edu.au/current-students/support/academic

University Counselling and Psychological Services

We offer individual appointments, group workshops, and online drop-in sessions.

(02) 4921 6622 or by completing our **online form** via the qr code.

Apps

Search on the App Store or Google Play

Google Calendar

This app is like an online diary, for both your computer and phone. Keep track of your assignments and classes, as well as activities outside of Uni, such as work or social events. calendar.google.com

My Study Life

This app allows you to organise your study, assessments and timetable. www.mystudylife.com

This Way Up - Student Wellbeing Program

A free online course with practical strategies for coping with stress and study.

www.thiswayup.org.au/programs/student-wellbeing-program



Access support and more information

www.newcastle.edu.au/counselling or call **(02) 4921 6622**