**STUDY SKILLS - students' suggestions -**

**first draft done in February 2014**

**final version completed in April 2014**

1. Get into the right mental and physical state

2. Group study: exchange information and learn from each other; offer moral support and encouragement

3. Balance this with personal (private) study.

4. Go to the source: the key papers or guidelines

5. Take regular breaks with relaxation: sport or music

6. Reinforce memory and recall: perhaps use dancing/physical . movement/repetition

7. Find quiet study time (late night/early morning/when children are at school)

8. Watch medical information on television (YouTube/Google/online lectures)

9. Believe in destiny: keep your self-determination and perseverance

10. Don’t compare yourself to others too much: remember that everyone is an individual

11. Don't be directly competitive - the key is co-operation not competition

12. Protect yourself from others and be assertive

13. Go on a time management course and adjust your day with a plan