

Work and study balance tips

Balancing studying and working can be challenging, but with the right strategies and mindset, succeeding at both is achievable.

CREATE A STUDY SCHEDULE

Prioritise tasks: Identify your most critical tasks and prioritise them.

Stay consistent: Allocate specific times for studying each day to build a routine.

Tools can help: Notebooks, calendars or digital apps can be handy to track your schedule.

MANAGE TIME WISELY

Avoid procrastination: Tackle tasks promptly to prevent last-minute stress.

Use in-between time: Make use of free time, such as commuting, for light studying or reviewing notes. Every bit counts!

Breaks are important: Take short, regular breaks to rest and recharge.

DEVELOP EFFECTIVE STUDY HABITS

Study environment: Find a quiet, comfortable place free from distractions.

Active learning: Engage in activities such as summarising, questioning and even explaining to others.

Note-taking: Find a system that works for you, whether it's digital or handwritten.

CARE FOR YOURSELF

Sleep, move, eat: Aim for 7-9 hours of sleep each night, regular daily movement, and a balanced diet for optimal functioning.

Advocate for yourself: Communicate with employers and trainers about your commitments, and set boundaries as needed.

SEEK SUPPORT

When you're studying with **Practical Outcomes**, there's always help when you need it. From your trainer to our Client Service Consultants, we have a wide range of resources and support available for you on your early childhood education training journey.

