

You're here to learn, not because you already know

Tips and advice for a balanced student life

For most people, starting university studies is a big change. And as with all change, it can bring feelings of uncertainty and worry. One way of dealing with this is to establish routines that give you security. If you view your studies as having a start and finish time, it's usually easier to determine how much food, exercise and sleep you need. With good routines, you will have time for rest and recreation.

View your studies as a job!

Comparison sickness

It's common that students worry about not being good enough. That other students get going on their studies more quickly and easily. If this sounds familiar, remember that almost everyone feels like this at times.

Set your own goals – things that are achievable and that boost your self-confidence. Believe in yourself!

Meeting new people

Having friends helps you feel secure and happy. Socialising with your friends should give energy to you – not drain you. As a new student you might miss your old friends who you feel secure with. Still, it can be rewarding to make new ones.

Make friends that you enjoy being with.

Procrastination

It's easy to get into a vicious circle of procrastination. A good trick to avoid this is to make a study plan. Enter your scheduled activities – lectures etc – and your leisure activities. Remember to include rewards for yourself. Avoid phrases such as: "I must". Instead, say "I will", "I can" or "I want to".

Try to split projects into smaller units with clear targets and deadlines. projektet i kortare etapper med tydliga delmål.

Plan your days and think "I can" or "I want to".

Managing negative thoughts

If you're particularly worried about an assignment or situation, it's a good idea to play it down by thinking "What is the worst that could happen?". That normally helps. Another way to beat negative thoughts is to write down the things that are worrying you. This puts them at a distance. Most things we worry about never happen.

Learn to control your concerns



Parties and alcohol

As a new student you will probably attend a number of events where alcohol has a prominent role. It's important to stay in control of your drinking. How much you can drink – and still manage your studies – varies a lot from individual to individual.

You decide whether you want to drink alcohol – and how much.

Remember

– you can stand up to peer pressure!

Be in the now

All the new input and opportunities are a positive part of being a new student. Still, sometimes it's hard to get the balance right. Learn to be in the now, by not dwelling on the past or worrying about what might come in the future. Learn to focus on what is happening right now. We call this mindfulness. It's as simple as doing one thing at a time. Finish one discussion before starting the next. Find a quiet place to eat lunch on your own, or with just one or two friends.

Try to clear your mind when you go to and from university. Be mindful of the route you're taking. Take notice of small details and the people you see.

Practice being aware of your surroundings.

Relaxation

Taking time for recovery is an investment in yourself. Muscles that are tensed for long periods can cause pain – everything from headache to back pain.

They can also cause fatigue, irritation and reduced performance.

For simple, effective relaxation exercises, see the Student Health Office website.

Find the positive forces in your life

To find a level of productivity that you can maintain in the long term, you need to re-energise during your day-to-day life. What things do you enjoy doing? Write them down, and remind yourself of the things that give you energy.

Recharge your batteries by doing one of the things you have listed.

For more tips and advice, see our website.

Good luck with your studies!

Student Health Office at Linköping University.

www.student.liu.se/studenthalsan

