



# Counselling Services

## STUDY AND LIFESTYLE

Students arrive at university with a wide variety of ideas and intentions about the lifestyle they want to build whilst studying for their degrees. It is important, therefore to make lifestyle choices which support your decision to study.

At all stages of university study you need to be realistic about: **Study Demands, Time, Effort and Resources and Lifestyle.**

### Study Demands

Consider the demands placed on **all** students enrolled in your course (attendance requirements, lab/studio time, prac periods, groupwork etc) for this semester. The university will have provided information about this in Unit Outlines.

(Bear in mind that most full-time courses are designed to represent about 40 hours of work each week, including direct contact hours – the equivalent of a full-time job!)

### Time, Effort and Resources

Do your own assessment of the time/effort/resources **you** will need to spend on your course this semester, in order to achieve at the level you aim for. Consider:

- your confidence
- whether you have previous experience with units similar to those you will be studying this semester
- your health, energy levels, sleep requirements
- the hours you need for paid employment and other commitments (family, sporting, recreational etc)
- the amount of travelling you have to do each week
- the level of support available to you ( both financial and emotional support are important to consider.)

### Lifestyle

Gauge whether or not your current lifestyle helps or hinders you with your academic goals, considering what you know about your course and about yourself. Everyone who makes goals needs to make lifestyle choices which support those goals – all worthwhile achievements involve forward planning.

Generally, people who live a balanced lifestyle during their most productive years tend to be more stress-resistant than those who do not. In order to feel the rewards of university life, it is vital to limit and manage your stress by making careful decisions about lifestyle.



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## STUDY AND LIFESTYLE (cont.)

The following suggestions may be helpful in planning for a **balanced lifestyle**:

- Choose your house-mates and friends carefully. Can you support each other's goals, enjoy leisure together, and resolve issues when they arise?
- Give attention to your physical and mental health and fitness – a team sport or group activity can extend your friendship network and relieve stress. Make informed choices about the use of recreational drugs and alcohol.
- Try to live within your means, and avoid **over**-extending yourself with non-essential paid employment. Work towards building a cash reserve for emergencies such as car repairs or an unplanned relocation.
- Give time to your spiritual life, however you define it.
- Keep up your connections with people who care about you.
- Be pro-active and seek help **early** if things go wrong.

Whether you are a school-leaver or a mature student, a balanced lifestyle can be the key to success. If you have concerns about building a study-friendly lifestyle, QUT counselling service can assist you with your planning.

***QUT Counselling Services offers professional assistance with this and other issues***

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