

ECU Academic Tip Sheets

Edith Cowan University (ECU) have many tip sheets with useful summaries to guide and support students' learning. See: <http://intranet.ecu.edu.au/student/support/counselling/tip-sheets> or click on the individual tip sheets listed below...



[20 Strategies to Overcome Procrastination](#)

The harder and more unpleasant a task is, the better it is to do it immediately and get it out of the way. This is particularly true of big pieces of assessment which can seem overwhelming and require more time.



[Avoiding Burnout](#)

Attempting to balance study, work and extracurricular activities is a challenge and students are now more at risk of burnout than ever before due to ever increasing and competing demands.



[Balancing Life and University](#)

Maintaining a balance between life and study/work can enable you to remain productive and happy. It can also help you sustain wellbeing during stressful periods of the semester.



[Depression](#)

Feelings of depression can affect anyone at any time. Feeling blue, sad, hopeless and pessimistic is something we all experience at times. We can all feel pressured to a point where nothing seems to give us pleasure and it becomes hard to get interested in things or to get started. These feelings are a normal part of being human.



[Exam Techniques](#)

Explains what you should do on the day of the exam; what you should do during the exam; and what to do when things go wrong.



[Hooked on the Internet](#)

You might ask how can the use of a positive, dynamic force such as the Internet become a negative, debilitating factor in someone's life? The fact is that, just like the use of food, alcohol or buying material things can be misused and abused, so too can an interest and preoccupation with using the Internet.



[Journaling - The Power of the Pen](#)

Journal writing is an effective and simple tool for getting to know yourself better and one of the most powerful ways of gaining a greater understanding of who you are, how you came to be that way and where you are heading at any one point in your life.



[Living in Shared Accommodation \(Dealing with Flatmates\)](#)

Anyone who has lived in shared accommodation will agree that rules are necessary to ensure things run smoothly and just how structured the arrangements need to be will depend on the group of people living in the house.



[Managing Stress](#)

Stress is the term we use to describe our emotional, physical and psychological response to (external) demands. Stress can be helpful or unhelpful: Helpful stress is part of everyday living.



[Relaxation and Stress Reduction Techniques \(Controlled Breathing\)](#)

There are many physical, biological and psychological benefits to be gained from using relaxation techniques. These benefits have been widely documented, with immediate effects including (to name just a mere few) lowered heart rate, blood pressure and cortisol levels.



[Relaxation and Stress Reduction Techniques \(Progressive Muscle Relaxation\)](#)

There are many physical, biological and psychological benefits to be gained from using relaxation techniques. These benefits have been widely documented, with immediate effects including (to name just a mere few) lowered heart rate, blood pressure and cortisol levels.



[Returning to Study \(Tips for Mature Age Students\)](#)

Commencing university studies after some time away from school and tertiary education can be a daunting task for many students. Given the many demands of life, it is likely a lot of thought has been put into your decision to return to study. For some of you this time will be exciting.



[Sleep Tips](#)

At certain points in our lives, our sleep will be disrupted and this will change the amount we need.



[Staying Calm during Exams](#)

Here are some tips to help you stay calm during exams, so that you can reach your potential.



[Study Tips](#)

Here are some basic tips to help you study effectively, manage your time and avoid unnecessary stress.



[The Benefits of Relaxation](#)

There are many physical, biological and psychological benefits to be gained from using relaxation techniques. These benefits have been widely documented, with immediate effects including (to name just a mere few) lowered heart rate, blood pressure and cortisol levels.



[Tips for Successful Time Management](#)

A weekly planner allows you to keep track of your different responsibilities, and schedule your time appropriately to meet those responsibilities, including your study. It is important to remember that most of the time that you will require for your university studies will occur outside of lectures and tutorials.