

# Wrapping Up

## Applying what you have learnt

The following slides will help you to review the information and techniques in this resource.



## Checklist:

- Do you know what factors influence your motivation levels?
- Can you identify what might make you procrastinate?
- Have you set yourself a manageable goal?
- Do you know how to allocate your time effectively?
- Do you understand what a growth mindset is?
- Can you identify your preferred learning style?

## Asking for support

- Can you speak to your Personal Academic Tutor about the next steps in your assignment plan? They're there to help and can point you in the right direction.
- Can you create a study group with your peers or friends? You may be able to support each other.
- Can you reach out to the Academic Skills Hub or Enabling Services for some practical study support? Make use of the services available to you.

To start with you may choose just one motivation technique to use. Motivation is a personal thing, and you may find that one technique works better for you than another one does.

It's ok if a technique isn't effective the first time you try - remember to use a growth mindset to focus on the things you can and have achieved, and to see this as an opportunity to try a different technique.

- **Academic Skills Hub:** <https://library.soton.ac.uk/sash>
- **Microsoft Planner:** <https://www.microsoft.com/en-gb/microsoft-365/business/task-management-software>
- **Mindmanager:** <https://www.mindmanager.com/en/>
- **Miro:** <https://miro.com/mind-map/>
- **Pomodoro Technique:** <https://francescocirillo.com/pages/pomodoro-technique>
- **VARK:** <https://vark-learn.com/>

## Further Signposting

. **Enabling Services:** [enable@soton.ac.uk](mailto:enable@soton.ac.uk) / 02380 599 599

. **Student Life:** [studentlife@soton.ac.uk](mailto:studentlife@soton.ac.uk) / 02380 598 180

. **Sport and Wellbeing:** [sportandwellbeing@soton.ac.uk](mailto:sportandwellbeing@soton.ac.uk) /  
02380 592 119

. **Getselfhelp:** <https://www.getselfhelp.co.uk/index.html>

. **SMARTS online:** <https://smarts-ef.org/>

. **Headspace:** <https://www.headspace.com/>