**Tips for ERT from UCT Students**

# **Insights from the UCT ERT Student Experience Survey, July 2020**

## **Time Management**

### **What you can do:**

* Make a realistic schedule and stick to it
* Maintain a balanced routine
  + Choose a good time to study
  + Choose a suitable learning space
  + Rest
  + Practice healthy habits
* Work consistently and be disciplined
  + Minimise distractions

#### **Students say:**

“Working consistently. Working hard in the week and then resting on the weekends, as a reward. Working at similar times each day, keeping a day diary, creating a work and study timetable.” - 3rd year Commerce student

“I made sure that I came up with a routine or schedule for myself to follow every day and had to-do lists and knew when my assignments were due.” - 2nd year Science student

“I do well in one set environment, in my own space and when my responsibilities aren't too much. I simply need my own space and then I can move forward accordingly” - 2nd year Humanities student

“Time management, which comes down to self-discipline, balancing work time with relaxing time, and getting daily exercise done, which boosts concentration and improves your mood” - 3rd year Humanities student

## **Social Connection**

### **What you can do:**

* Take part in a peer-buddy system
* Connect with other students through WhatsApp groups, social media, or Vula tools like Forums and Chat
* Take part in online icebreakers

#### **Students say:**

“Having a separate group of friends who do the same courses to hold each other responsible and keep each other updated with deadlines and goals” - 4th year in EBE student

“Working with classmates to keep each other on track and focused. Whatsapp group reminding each other of deadlines and sharing helpful articles and/or offering support.” - Health Sciences Master’s student

“I kept in touch with all my friends that I have common courses with, we would study together via video calls and this really helped and I didn't feel alone anymore.” - 2nd year Humanities student

“Need to discuss course content with other students to check for my understanding. I need to actually engage with content and not simply just listen to what a teacher says through a video. Discuss, discuss, discuss!” - Health Sciences Master’s student

## **Reaching Out**

### **What you can do:**

* Ask for help when you need it:
  + For course related matters, reach out to other students, your tutors, lecturer, course convenor or Faculty advisor
  + Contact [Student Wellness](http://www.students.uct.ac.za/students/support/health-counselling/student-wellness) (link opens in new window) for mental health concerns
  + Email [uctcares@uct.ac.za](mailto:uctcares@uct.ac.za) for complex issues or if you are unsure

#### **Students say:**

“Have a routine (and stick to it), exercise, get enough sleep. Ask for help when need be, don't just try and take it all on alone” - 1st year Science student

“I was actually really struggling and under pressure. I was about to drop one of my majors but I first contacted my course convener and he helped me. So I ended up keeping all my courses.” - 4th year Humanities student

“Teams meetings with classmates to work together. WhatsApp group chats to ask for and give help. Asking for and receiving reasonable extensions for hand-ins.” - Honours student in Science

## **Study Approaches**

### **What you can do:**

* Think about how you order your work. Try:
  + Doing more difficult tasks first or last
  + Working with new material as it is released
  + Working on assignments as soon as they are released
  + Focusing on one course a day or working on all courses every day
  + Setting aside particular days for coursework and for assignments

#### **Students say:**

“Getting assignments done as soon as I get them in order to give myself more time to study for tests and do other work” - 2nd year Commerce student

“Dedicating one full day to each course and then spreading assignments/tutorial work over the rest of the week.” - 2nd year Humanities student

“I focused more on the most demanding courses first and be ahead then I tried to cover the work for the less demanding courses.” - 1st year Health Sciences student