

UNIVERSITY STUDENTS' SUCCESS KIT

EVERYTHING YOU NEED TO THRIVE AT UNIVERSITY AND BEYOND

1 ACADEMIC SUCCESS



- Attend classes and stay engaged.
- Take effective notes.
- Study consistently, not just before exams.
- Use resources: library, lecturers, tutors, workshops.

2 TIME MANAGEMENT



- Plan your week and set priorities.
- Break tasks into smaller steps.
- Use tools: calendars, to-do lists, apps.
- Avoid procrastination.

3 GOAL SETTING & PLANNING



- Set clear short-term and long-term goals.
- Review and adjust your plan regularly.
- Celebrate small wins.

4 WELLBEING



- Eat well, stay hydrated and exercise regularly.
- Get enough sleep.
- Take breaks and make time for yourself.
- Mental health matters—seek help when needed.

5 FINANCIAL SMARTS



- Budget your money.
- Track your expenses.
- Use student discounts.
- Avoid unnecessary debt.

6 BUILD CONNECTIONS



- Connect with classmates, lecturers and mentors.
- Join clubs and societies.
- Network—opportunities come through people.

7 EFFECTIVE LEARNING



- Find study methods that work for you.
- Active recall, practice questions, and summaries boost retention.
- Teach others to deepen your understanding.

8 GET INVOLVED



- Participate in events, volunteer and take on leadership roles.
- Build skills outside the classroom.
- Make your university experience meaningful.

9 STAY RESILIENT



- Challenges are normal—learn and keep going.
- Ask for help when you need it.
- Believe in your progress.
- You've got this!



INVEST IN YOURSELF TODAY,
SHAPE YOUR TOMORROW.

