

# RESILIENCE

## School

Structure

## University

Flexibility and independence to set your own schedule

Answer:  
You need  
**resilience** to  
cope with the  
change!

## Resilience is about:

Finding a way to cross hurdles and **solve problems.**

Holding on to your **optimism** about your **abilities**

Being **motivated** to succeed

Making a conscious **decision to persevere**

**Staying strong** to withstand difficult times

## Quick tips to aid resilience

Think about and identify or refocus your academic goals

Re-evaluate **how** you spend your time

Stay organised, **plan ahead**, keep your schedule current and monitor your progress

**Identify your barriers** to effective time management

Keep a regular and productive **routine.**

Be self-aware.

**Remove distractions**

**Eat healthy** and get enough **sleep**

**Avoid procrastination**

**Reward yourself** to reinforce task completion.

**Avoid multi-tasking**, it often decreases productivity.

**Set realistic expectations**

By **planning ahead** and setting realistic study goals for yourself and keeping to them, you will **achieve a healthy balance** between work and play.

Accept that **setbacks are part of life**, but valuable tools for implementing change. **Reflect** about what went wrong and what you can **do differently** next time.