The ability to study forms and evolves in a dynamic interaction between the student and the study environment.

- **Personal resources**
  - Health and health-related behaviour
  - Socioemotional skills
  - Cognitive skills
  - Social relationships
  - Identity development
  - Life situation and conditions

- **Study environment**
  - Physical study environment
  - Digital study environment
  - Psychosocial study environment
  - Cultural environment
  - Pedagogic environment

- **Ability to study**

- **Study skills**
  - Prior knowledge
  - Study motivation
  - Study-related emotions
  - Planning, time management and achievement
  - Study technique
  - Interaction skills

- **Teaching and counselling**
  - Student-oriented approach
  - Constructively aligned teaching
  - Assessment and feedback
  - Achievability
  - Student-oriented guidance
  - Commitment and involvement