

**OK!** For better  
study abilities  
2025–30

**You can influence and  
strengthen your study ability.**

## Look after yourself:

### Physical activity

1. Take a break from sitting
2. Exercise regularly
3. Look after your recovery and energy levels



### Sleep

4. Aim for good quality sleep
5. Give your brain some res.
6. Set yourself up during the day for a good night's sleep

### Nutrition

7. Eat regularly
8. Provide your brain with the energy needed to learn
9. Right amounts, a varied diet and a relaxing atmosphere

## Know yourself:

### Social relationships

10. Support from family, friends and fellow students
11. Feeling lonely
12. Being part of a student community

### Positive thinking

13. Keep things in proportion
14. Concentrate on finding solutions
15. Learn new perspectives



### Stress management

16. Focus on things you can influence
17. Take control of stress
18. Accept changes as part of life



## Be in charge:

### Plan your daily life

19. Balance between studying and leisure time
20. Concrete and realistic study goals
21. Routines create rhythm in your life

### Schedule

22. Plan realistically and prepare to be flexible
23. Prioritise your tasks
24. Update your daily schedules regularly



### Learn to get things done

25. Setting goals helps you stay on track
26. Break your tasks down into smaller pieces
27. Stay positive and assess your progress