

Review

So far this week we have covered the importance of study skills and effective note taking. If you haven't already seen this, you can find it on other day's resources.

Also, a huge part of improving your study skills is getting into the right frame of mind, managing your time and your stress levels. We have covered this extensively during our 'wellbeing week' which can be accessed in week 1.

You can also find some helpful links around wellbeing in our signposting page on Friday's resources.

At the beginning of the week we asked you to complete a skills audit (See Monday's resources).

Now that you have worked through all of the resources, fill in the audit again and see if you have developed any new skills.

Using the skills you have learnt this week, have a go at taking our short quiz to test your knowledge! Just click on the [link](#) below:

Study Skills Quiz!



If you'd like to know more about studying at university, get in touch a member of our team [here](#).

We'd love to know if you found this resource helpful, let us know [here](#).