

Looking after yourself: checklist for students		I do this very well	I do this well	I'd like to be better at this	I'm not yet good at this	Not an issue for me	What I need to do
1	I manage time well, and I make realistic decisions about how much I can sensibly achieve at any time.						
2	I get to classes on time, with everything I need for the session.						
3	I make sure I take proper meal breaks, coffee breaks etc.						
4	I keep myself fit, and I take exercise within my working day.						
5	I have friends/colleagues/classmates/fellow students inside and outside University, on whom I can draw to share practice and gain advice.						
6	I interact productively with the teaching and learning support staff, so I get the support I need.						
7	I monitor my stress levels, and am aware when it feels as if work is getting on top of me.						
8	I keep on top of my communications from University without allowing masses of unanswered messages to pile up, and I reply promptly to important requests.						
9	I manage my University documentation (e.g. assignment information and programme handbooks) well, and am able to locate them without rummaging through an unsorted pile on my desk.						
10	I reflect on my progress regularly e.g. settling in to study, feedback on assignments and option decisions.						
11	I keep on top of my assignments avoiding last minute panics and understand the University guidance on fit to sit.						
12	I have a good study-life balance.						
13	I talk to my PDT or another lecturer when I'm worried that I am falling behind with my studies.						
14	I have interests/hobbies that matter to me and I make time for them.						
15	I make time for my friends outside University and don't over-share my study problems with them.						