



HANDLING AN ACADEMIC CRISIS


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SOME QUESTIONS YOU MAY HAVE...

"I'm behind on my workload and have loads of deadlines. What can I do to get back on track?"

- Be honest with your tutors
 - Find ways you can do the work in less time (e.g. working under timed/exam conditions, submitting essay plans, etc.)
 - Avoid all-nighters! (Seriously)
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SOME QUESTIONS YOU MAY HAVE...


"I struggle to start working even if I want to, or I have no motivation to work at all. What should I do?"

- Find a friend who is willing to be an accountability partner
- Use timed study sessions (e.g. the Pomodoro Technique) to break through the barrier of starting your work
- If you are dealing with more significant issues surrounding motivation or your emotions around studying, then seek additional support



SOME QUESTIONS YOU MAY HAVE...

"I'm not getting the results I want, and I think my tutors are worried about my progress. Should I even be at Oxford?!"

- Know that you are not alone in feeling this way!
 - Be honest with tutors about your concerns – they may be able to offer more support and clarify how you can improve
 - Try not to compare yourself to others – focus on your own progress
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OVER TO SARAH...

SARAH'S TIPS FOR WELLNESS

- Get outside – go for a walk, a cycle ride – and get some sunlight and fresh air
 - (This will also help you sleep by calibrating your circadian rhythm)
- Surround yourself with people (friends/family) who have a positive influence
 - Don't be afraid to be explicit about what kind of support you need. Are you interested in advice, or do you just want someone to listen?
- Find time for your hobbies – even (/especially) when it feels like your workload is getting overwhelming

SOME RESOURCES

1:1 Study Support Appointments: study.help@st-hughs.ox.ac.uk

Study Support Page for St Hugh's: <https://www.st-hughs.ox.ac.uk/current-students/study-skills-support/>

University Information about Support for Exams/Assessment:
<https://www.ox.ac.uk/students/academic/exams/problems-completing-your-assessment>



THANK YOU

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