

What advice would you give to these students?

Dina was a 3rd year History student who was struggling to make progress on her dissertation because she was unable to concentrate on reading. She tended to concentrate her reading into the afternoon, as most of her mornings were taken up with attending lectures. She described how she kept reading the same page over and over again without understanding or remembering what she'd just read, eventually giving up in despair.

Dina described herself as someone who loved reading, who habitually read for pleasure and whose only real problems were on focusing on academic reading.

Joe has a tendency to build a task up in his mind into something bigger than it really is and beyond what is expected of him by his tutors. He becomes convinced he cannot deliver what he thinks is expected of him by the university in the time available. This reduces his confidence, increases his anxiety and leads to procrastination in starting assignments.

Anita is a part-time mature student in higher education and is finding it increasingly difficult to prioritise her time. She has a partner and two children in their teens, and is rapidly becoming overwhelmed with all the things required of her both at home and for the HE course. These include all the chores she feels she has to do for others in her household, plus the set reading and work for course assignments.