

WelTec/Whitireia Study Skills Series

Tips for Mature Students

Mature students tend to be very motivated and usually perform as well or better than other students. Although you may be anxious at first, remember that you are bringing knowledge and experience to your learning journey and over time you will gain confidence. Mature students often have to juggle a range of roles and activities such as being a parent, or working while they study to support their family. Success in study is achieved through a balance between study and your other responsibilities. Below are some of the common concerns mature students have and some effective solutions.

I'm worried about....



Balancing study, family and work



Possible solutions

Make a plan: Write up a comprehensive weekly timetable that includes classes, work and family activities. Work out regular times each week when you will be able to study.

Ask for help: Talk to your family and friends about what you are doing, their support is invaluable when you are busy with assignments. Also regularly communicate with your tutor and don't be afraid to ask questions or ask for an extension if needed.



Everyone being younger than me



Share your experience: You will bring a valuable perspective to classes. Your classes will tend to be practical, so your work and life experience will be valuable to your classmates. Be confident in sharing it!



My ability to study and succeed



Don't worry: Your tutor expects your skills to grow over the trimester. Use tutor feedback to build your skills. You will notice progress over the year.

Get support to build your skills: See a Learning Advisor or attend a study skills workshop.

Work with others: Find a classmate or a group of classmates you can form a study group with.



The cost of studying



Keep a budget: Work out what your essential costs are each week and keep track of your expenses. Use sorted.co.nz to make a financial plan.

Know your options: Check out the StudyLink website or speak to the Engagement Advisor (Financial) for information about student loans, allowances and scholarships.

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Weekly Study Timetable

Below is a simple timetable you can use to help you manage your responsibilities and identify the best times for you to study. Using a variety of different colours, fill in the time slots below with the following information:

- Class times from your course timetable
- Mealtimes, bedtimes, travel times
- Assignment due dates
- Regular social and sporting commitments
- Work and home responsibilities
- Exams and tests

Once you have done this, look at the blank time slots and choose appropriate times to revise for each of your courses and work on assignments. Remember to leave some time free for breaks or relaxation. Make sure that the weekly plan aligns with your wall planner – also schedule extra reminders on your phones if it helps. If you would like some assistance with this, book an appointment with a Learning Advisor.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00am							
7.00am							
8.00am							
9.00am							
10.00am							
11.00am							
12.00pm							
1.00pm							
2.00pm							
3.00pm							
4.00pm							
5.00pm							
6.00pm							
7.00pm							
8.00pm							
9.00pm							
10.00pm							