



HORIZON

Platform for studying with a disability
or other special needs

Study tips: What can you do yourself?

Planning and organising

- Learn to use a digital diary, such as the one offered by Google.
- Schedule periods of rest during your week in a calm place, where you are not likely to be disturbed
- Discuss with your academic counsellor which subjects you will be taking in each study period;
- Ask your academic counsellor, central student counsellor, or Study Buddy for help drawing up your timetable.

Study environment

- Find a place to study that is quiet, where you feel comfortable and there are no distractions;
- Use a timer to force yourself to spend a certain amount of time studying.

Dealing with the course material

- Study actively – that is, underline important sections of texts and read them out loud;
- Make summaries or mind maps to help you structure the course material, make connections, and remember it better;
- Structure your notes and course material. Make folders for each topic or each course. Use them to file your notes in. This will enable you to retrieve information you are looking for more easily, and it keeps everything in order.

Following lectures

- Having trouble following lectures? Use Collegerama, or read aloud software or <http://www.studocu.com/en>;
- Read the lecture sheets before going to a lecture;

- Write down new and important words and terms, and repeat them for as long as necessary;
- Always sit next to the same student, who can help you.

Tutorials / Laboratory courses

- Use one folder for all your notes and jottings, and any other relevant information;
- Communicate with the other students in your group using e-mail, WhatsApp, texting or other channels. This is useful for discussions outside of group meetings;
- Find a member of your group to team up with for lab work, projects, and group assignments.

Writing reports and theses

- Check regularly with your tutor or supervisor whether your assignment is clear;
- Work according to a timetable and incorporate concrete tasks into it;
- Make sure you allow for sufficient rest periods.

Sitting exams

- Make use of extra examination time;
- Sit right at the front or the back during live examinations, so that you are disturbed as little as possible. (as far away from the door depending on the lay-out of the room)