VALUE FOR TIME AND MONEY You're paying to study, so use your money and time wisely. It might seem obvious but . . . Attend your lectures, group sessions and anything else that makes you feel like the investment in your education was worth it. This means planning any nights out so they don't clash with an early morning lecture or practical. You will miss out on key information or experience because you aren't present either mentally or physically. Lectures are sometimes recorded. Use these as learning support tools rather than as a substitute for actually attending the lectures. You'll get so much more by being in the room! Do the reading and learn to speed read, otherwise you'll need some serious blagging tactics to stop you looking a fool. • Control your bladder, make sure you use the bathroom before a lecture and not during it. You'll not only disrupt yourself but your fellow students and the lecturer. It's a sure way of becoming known and not for the right reasons. Make use of the library. Yes lots of stuff is on-line these days, but learning your way around the facilities now may save you lots of time when it really matters. Register for an app such as EndNote. When writing, for example an essay, you can write a line of text/quote something from a research paper/book and link the actual reference to it so that eventually you can automatically produce a list of references used (rather than having to type everything out). Make notes. This doesn't mean writing down word for word what someone has said, instead focus on the key points and note them down. This forces your brain to engage with the material being discussed, so that you begin to actively process it. Don't think you can just slack off in year 1 and 2 and then come storming through and get a great degree grade in year 3. Knowledge builds across the 3 years, so if you miss some key knowledge early in your studies it could affect your later learning. Enjoy yourself! Your university/college experience is not just about education, it's about discovering yourself and growing into the person that will go out into the world and make a difference. Know when to work and when to relax and have fun!