
FEUP
Healthy Minds

You deserve it



Contacts

spo@fe.up.pt | psispo@fe.up.pt

Psychological support by appointment:

Mondays to Fridays, from 9:30 to 15:30

PSYCHOLOGY AND GUIDANCE SERVICE

FEUP FACULDADE DE ENGENHARIA
UNIVERSIDADE DO PORTO

**I need to
organize
myself...**

But how?



What's different now?

Academical demands at college can be much different from the ones you've encountered so far. **Work pace and volume** are different and it is **expected from you to be more active and autonomous in your study**. There are a lot of changes:

- Classes are bigger and the relationship between teachers and students is less close.
- Each subject is taught in less classes, which means that each class is loaded with more content.
- Each teacher manages only his/her class, not necessarily knowing about demands of other classes. There can be an overlap in deadlines and evaluations.
- If, for some reason, you don't deliver a project or miss an exam, your teacher will likely not look up for you.
- If you miss a class, it is possible that no one will notice it.

All of this can make studying more satisfactory or seem scary!

What might help you during this time

There are a lot of strategies you may adopt to facilitate your organization and time management. We leave you some tips that might be helpful during this new stage:

- **Give yourself some hours of autonomous study off classes, per week, for each module.** Invest on **active studying methods** like **practicing exercises** and **synthesizing your notes**, so that you can consolidate and not accumulate things.
- **Define your own deadlines.** We suggest you set yourself to complete tasks **24 hours ahead** of the real deadline. This way you can have a leeway, in case of need.
- **Try gathering all your doubts and look for the answers within your every available resources.** If you still can't do it, **schedule an appointment with your teacher** and clarify everything you need,



- **Find classes and studying partners.** Besides being a good support for **sharing knowledge and worries**, you'll have **company to give you motivation** to attend classes.
- **Don't forget that, even if your family and friends are away, they can still be a good source of support.** Talk with them about what bothers you.
- **If motivation fails, remember what brought you here.** Think about your **ambitions**, what the course might **bring** you and where it can **lead** you!
- **Face challenges in a constructive way!** If you see challenges as **learning opportunities**, your academical experience will be much more positive.
- **See yourself as the main responsible and manager of your own study.** Set yourself to find **your best way of studying** and do it, according to your needs.

It's natural and expected that the adaption to these differences take some time. It's part of the learning process to learn how to be a successful student!