

# Fresh Start, Fresh Tips



## Break Time

- Use your breaks wisely
- Find your study place – library, café, comfy sofa, quiet desk
- Take time to talk to your fellow students

Get it done on campus



## Sync up!!

- Link to your personal calendar
- University timetable, assignment deadlines, external work, training, and social events
- Be organised & reduce stress

All in one place



## Time Management



## Fresh Air

- Walk or bike to lectures
- Get to know your campus
- Save money on fuel & bus fare
- Relax to music or find a buddy

Get your steps in



## Meal Prep

- Look up some easy & balanced recipes
- Spend a few hours to save time & money
- Bulk batch easy on the go meals
  - Make healthier choices

Reduce waste too!!

