The following resources may be useful in helping you better understand some of the common challenges facing students and what you can do to address them.

If after reading one or more of the topics you would like to talk to an advisor for more in-depth assistance you can book an **Appointment with a Student Support Advisor**.

- **Studying Online**
- **Managing your Time**
- **Budgeting & Managing your Finances**
- **Avoiding Procrastination**
Less Stressful Exams

Perfectionism