

Unlocking SWOTVAC success

What is SWOTVAC?

SWOTVAC (also known as study without teaching vacation) is normally a one-week study period where you are given time to revise your studies.

This study break starts after the official semester has finished to allow you to prepare for any upcoming exams. Usually, there are no classes, but this can vary depending on your course.

How to get the best out of SWOTVAC

Plan your time.... draft a study timetable

A timetable will help you structure your study session. Make sure you include things like:

- Your exam dates
- Allocate time for each of your units
- Don't forget your other responsibilities (work, travel, meals, BREAKS!)

Revise, Revise, Revise

To help you recall effectively during your exam, re-read and go back over your notes and materials several times.

Set time limits

Studies show you're more focussed and productive in the first 30 minutes of a study session, try scheduling your study sessions into 30-minute blocks.

Set a goal for each study session

Identify what you want to achieve in this study session and set a short-term goal. This will help you set some direction, reduce procrastination, and focus your study and motivation.

Libraries

If you're in need of a quiet place for study, the libraries generally extend their opening hours to support students during SWOTVAC.

Test yourself

Take a look and work through past exam papers. Speak with your academic for information on receiving past papers via your LMS.

Self care

Make time for sleep

Sleep is so important. It helps with memory and concentration, and supports your study habits. Avoid caffeine and eating late meals. These can alter and impair your sleep. Remove distractions and switch off devices in your bedroom to create a space for rest, give yourself time to unwind.

Eat healthy

Studies have found that eating a healthy diet can improve your cognitive skills including memory and concentration, as well as academic performance. Try to avoid the trap of junk food, stay hydrated and have regular meals.

Practice mindfulness

Practice meditation and breathing exercises. These are a great way to energise your mind, remove distractions, and allow you to focus your attention and boost your productivity.

Exercise

Exercise is a great way to relieve stress, and keep you feeling mentally sharp. If you're finding your stress levels increasing or you're experiencing difficulty focussing, try taking a short walk. If walking's not your thing, try yoga, a run - or any activity you enjoy doing. Exercise helps lower your heart rate, boosts blood flow to your brain and helps relieve tension and make you feel relaxed.

Reward yourself

Acknowledge your hard work and achievements for the day and do something nice for you. Watch some TV, meet up with friends, catch up on sleep or your social media. Make sure you give yourself some "me" time, you've earned it!

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Visit:

Bundoora - Upper Agora, West
(near library).

Bendigo, Shepparton, Wodonga
and Mildura: please drop into the
LTSA office.