

## Study Factsheet Series No 9

# Returning to Study After a Long Break

Congratulations on your decision to come back to further your education and career opportunities! Many people who make this decision feel unsure about how they will go, so we have put together this information sheet to assist you with a few tips.

### Be CONFIDENT

Mature-aged students generally do very well at tertiary study. Although you may have been away from study for some time, the life experience you have had in the meantime can serve you very well in your approach to study and your chances of success. Adults returning to study tend to put in a lot of effort and can reap the results.

### ADJUSTING to study

It's common for mature-aged students to feel worried about how they will cope with assignments, exams and the whole thing. Some things that will help you are:

- ! Treat others with respect
- ! Not plagiarised, your work is your own
- ! Use eLearn to keep up with what is going on
- ! Seek help if you need it (from Student Services and/or teachers)

## Juggling It All! (Study/Work/Family/Life)

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