Congratulations on making the decision to undertake further studies. Make time to discover and use ways of learning that work best for you. As a mature age person, you already have experienced life skills that can be transferred into this new learning environment. Returning to study can cause excitement and anxiety, but we know that when you meet the challenge, it is a rewarding experience.
1. Keep a reflection journal to remind you of the benefits of embarking on this journey to improve your knowledge and skills.

2. Be kind to yourself. Mature age expectations are normally higher than 'normal'. Expect that there will be difficulties in transition.

3. Be patient. Your study skills may be dormant, but you have been using other skills that are transferable into the new study environment.

4. Get to know your support services on campus and/or online. They are worthwhile when you use them.

5. Connect with other students. Sharing an experience can make all the difference.

6. You are more than likely juggling many things at once. Focus on what’s important and give it your undivided attention when you are dealing with it.

7. Know that you do have time. Don’t waste it with worry. Learning to focus is a great time saver.

8. Stress is normal. Find out about eustress, which gives you the balance between excitement and fear.

9. Communicate with those around you. Let your family be part of your journey and be assertive with your friends.

10. Acknowledge your achievements and give yourself small rewards along the way.

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