

Study Tips

Written by Adete Bhasin

Ever thought that *Masterchef* or *Bachelor in Paradise* would be relevant for your studies? Well look no further.

It is that time of the year when exams and assignments are piling up and the emotions are running high. You may feel stuck on a certain assignment or that challenging actuarial concept from your ETC2430 lecture. Disheartened by your progress and unsure on what to do, you eventually give in to the temptation to catch up on that recent *Bachelor* episode.

Next time this happens, channel these five top tips for the exam period that I have learnt by watching my share of reality TV:

1. Don't give up! Persist through

Just as those bachelorettes never give up chasing that one guy, don't be discouraged just because a task may seem challenging. Take a break, grab a bubble tea, and return to your studies with a fresh and positive attitude.

2. Try a different approach to problems that you are stuck on

Reynold would never have reached the top 5 on *MasterChef* if he kept on making the same desserts. Similarly, look over your notes, try a new technique you haven't yet tried and maybe you will finally strike gold.

3. Take initiative! Go and meet with tutors and lecturers

Just as in *Bachelor in Paradise*, don't wait for your significant other to approach you, take the initiative and go approach them. When you are stuck, contact your lecturer or tutor to make an appointment with them. They have your best interest in mind and in a consult, will try and answer as many questions as possible!

4. Form study groups

The only way *My Kitchen Rules* can be won is if the pair is hard working, works well together and is passionate about the same things. Likewise, to tackle that mid-semester or final exam, form study groups with people you know you work well with and can bounce ideas off. Not only will this give you a fresh perspective on the subject, but also a group to grab that end of semester doughnut with.

5. Organise your study schedule and space

An organised study schedule and space is just as important in doing well on exams as is having an organised and clean kitchen benchtop on *MasterChef*. By planning ahead, it helps set tasks into motion, so you can make the most of your study time.

Remember to relax and good luck on your exams!

About the author



My name is Adete Bhasin and I am currently in my second year of a double degree including Actuarial Science and Law (Honours). Besides reality TV shows, I am passionate about photography, bubble tea and a good dad joke.