

Self Help Resources – Useful sites & Information

Study / Exams (including procrastination & perfectionism)

Have you looked at our list of **Apps**?

Also, the Study Skills Centre might be able to help you.

<https://www.bangor.ac.uk/studyskills/index.php.en>

Hefyd, efallai y Canolfan Sgiliau Astudio yn gallu eich helpu.

<https://www.bangor.ac.uk/studyskills/index.php.cy>

How to Overcome Perfectionism

www.anxietybc.com/sites/default/files/Perfectionism.pdf

How to Overcome Perfectionism (and the Anxiety it Causes) – YouTube video.

www.youtube.com/watch?v=mrhvsQRKVUU

11 Ways to Overcome Procrastination

www.psychologytoday.com/blog/better-perfect/201703/11-ways-overcome-procrastination

How to Stop Procrastination – Become More Productive – YouTube video.

www.youtube.com/watch?v=bZxs1PKqYTU

Study Skills – Generic study skills advice for learners across all disciplines.

www.skillsyouneed.com/learn/study-skills.html

Study Skills for Students – General study skills guides and study skills resources by subject.

www.educationcorner.com/study-skills.html

Exam Preparation: Ten Study Tips

www.topuniversities.com/student-info/health-and-support/exam-preparation-ten-study-tips

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