

STUDYOLOGY

n, "the study of study"

Are you sick of not getting the most out of your study?

Is study making you miserable?

Does even cleaning the toilet seem more attractive than actually starting that assignment?

Join Ben (OASIS), Gareth (Health, Counselling and Disability Services) and other students to explore effective ways of dealing with:

- Procrastination
- Study anxiety
- Perfectionism
- Lack of motivation
- Assignment avoidance
- Disruptive (but enjoyable) Netflix marathons

Join our open Studyology group
Every Tuesday during term time
10am to 11.30am at OASIS
Starts 31st July, 2018

www.flinders.edu.au/joinstudyology