

PG Poutama STEPPS- Steps to Postgraduate Success

Downloadable Resources

Cultural and Community Networks (Question 4)

Juggling Study and Children Tips

Athabasca University (in Canada) offers a few useful suggestions for busy, working parents who are starting into university study. They refer to it as “Studying in the Child Zone”.

Their **top five tips** for parents involved in university study are:

1. Establish routines.

2. Organise your environment.

3. Lean on your social network.

4. Children first!

5. Plan for the unpredictable.

To read more detail about these five tips, follow the link "[Studying in the Child Zone](http://counselling.athabascau.ca/child_zone.php%22%20%5Co%20%22Opens%20in%20a%20new%20window%22%20%5Ct%20%22_blank)".

One more tip from a student at Athabasca University can be found at the link "[Study Tips From Our Students](http://counselling.athabascau.ca/student-tips.php%22%20%5Co%20%22Opens%20in%20a%20new%20window%22%20%5Ct%20%22_blank)" - they describe how they were able to get their weekly readings down while also making time to read to their children at night.

Doing your postgrad study, you will need to find your own creative strategies that work for you ... so that you can still be the parent, whānau & community member and work colleague who you want to be while also completing your study requirements.

Student Tools for Effective Preparation for Postgrad Study

University of Auckland Faculty of Medical and Health Sciences

<https://www.flexiblelearning.auckland.ac.nz/stepps/>