

## **LIFE TOOLS ONLINE RESOURCES:**

### **Bite size videos:**

These are short videos (under 2 minutes) you can access them directly by clicking on the title:

[About the Life Tools programme](#)

[About the Life Tools certificate](#)

[Tips to build resilience](#)

[Tips to develop good habits](#)

[Tips to look after yourself](#)

[Tips to manage academic pressure](#)

[Tips to increase concentration](#)

[Tips to manage stress](#)

[Tips to manage worry thoughts](#)

[Tips to manage procrastination](#)

[Tips to get into study mode](#)

[Tips to boost motivation](#)

[Tips to build confidence](#)

[Tips to manage perfectionism](#)

[Tips to deal with feedback](#)

[Tips to reconnect with others after lockdown](#)

**Here are the links to recordings of the webinars:**

### **Motivation and productivity**

<https://web.microsoftstream.com/video/e9843acc-5bcd-4cf7-b965-cdbc2fcd66df>

### **Feedback: Food for thought**

<https://web.microsoftstream.com/video/55fada86-af7c-430b-925e-984709ed8fb3>

### **Managing academic pressure**

<https://web.microsoftstream.com/video/285f5f06-be55-4ad1-a0e8-690db26c0418>

**Stress and health**

<https://web.microsoftstream.com/video/b07b40e1-194f-4015-ad03-2752b7a2df6e>

**Working online: Reviewing lectures**

<https://web.microsoftstream.com/video/3c4d81c9-114f-446b-a79c-690837ba49f1>

**Bouncing back from setbacks**

<https://web.microsoftstream.com/video/6d67a7f8-bfc4-436f-99ee-24266bdadc19>

**Imperfect perfectionism**

<https://web.microsoftstream.com/video/20421d5f-6e08-4701-9bda-7ff25eff5587>

**Preventing procrastination**

<https://web.microsoftstream.com/video/d1582116-9f6e-4139-9ee4-d2968da5c189>

**Confidence: "I can " and "I will"**

<https://web.microsoftstream.com/video/ea491975-3fbc-484e-97a9-208ea0a23020>

Students can access more material on the Life Tools Blackboard organisation.

They can enrol via the [Life Tools page on Essentials](#):