**Transcript**

Setting expectations.

We are often asked "How long does this take?" Which is totally reasonable when you are planning to do this alongside other studies!

The earlier modules are bigger. There are more activities and more information. Ideally you will be doing these before you start your studies.

If you'd like to dive deep into the first few modules you might be spending 2-3 hours. By the time you get to module 4 you might find 1 hour is enough.

In a perfect world, you'll be starting Learn2Learn a couple of weeks before term - to gain a good grounding before the pressures start. Then its a good  idea to have reminders to check you are applying and practicing those skills and strategies as you go. Application and Repetition are key!

If you find yourself short of time, spend 10 min each day reflecting on what you need to work on most and just pick that part out.

Theres no exam to worry about here, just remember what you put in, you get out.