

The topics discussed this evening are all important and contribute to correct and professional academic writing. These key skills are the foundation to further develop in studying, and the skills needed in order to become successful in all areas of life that come even after graduating. For instance; without appropriate time management, students might prioritize poorly and leave important assignments until the eleventh hour. By doing this, the basics of wellbeing – sleep, proper nourishment, and socializing – are all out of mind. (Adams, 2019).

Wellbeing

It cannot be denied that the Coronavirus pandemic has notably affected students across the United Kingdom. From the nursery ages of infants and young children, as suggested by Watson (2020), to the undergraduates and mature students, Gómez-García, et al. (2022) maintains that being in confined spaces with little to no face-to-face human interaction or means of escapism outside of a screen has exacerbated mental health and wellbeing, considerably for some who were struggling prior to the pandemic. Optimal well-being is not only an important study skill. Consequently, maintaining well-being results in thriving in all aspects of life, according to Barrable, Papadatou-Pastou and Tzotzoli (2018). Additionally, wellbeing influences the capability of engagement, thoughts, emotions, as well as behaviour. (Smith, 2023). GuildHE (2018) argues that, to prosper in higher education, students must feel in a position to manage the demands of studying and academia. According to Smith (2022), mindfulness – a strategy originating from Buddhism, has become an extremely popular coping strategy for students attempting to tackle stress and anxiety. Also in this article, Smith explains that mindfulness can be helpful in allowing one, time to retreat from the thoughts and actions that cause intensity in one's daily lifestyle.

Time Management

One cannot ignore the fact that in order to maintain a thriving wellbeing; time management skills are key in order to successfully sustain a healthy lifestyle balance, whilst succeeding in academic pursuits simultaneously. (Eldeleklioğlu, 2010). Central to this analysis, Mind Tools (no date) claims that creating a personalised timetable to keep a record of work, travelling hours, and hobbies in order to be mindful of the time needed to study, research, and complete assignments, enables students to factor in the time necessary for sleep and self-care, therefore being a physical reminder of what can realistically be attained. Chase, J. A. D., et al, (2012), maintain that besides the fact that the amalgamation of procrastination, interruptions, and lack of discipline consequently results in ventures that do not contribute to the primary task, it is also obligatory that the individual spend supplementary time revising the task at hand. The Open University (2023), suggests that one should take into consideration the time in which one is studying. For instance, some individuals work effectively early in the day, whereas some tend to work more efficiently later in the evening. It is important to understand oneself and one's limits. Moreover, the Open University suggests, that taking regular breaks and to avoid studying and researching for prolonged periods of time.

Critical thinking and analysis

Chatfield (2017), describes critical thinking as decentering ourselves and understanding why we think the way we do, whilst evaluating and recognising what is influencing our views and beliefs. Thus, highlighting the importance within academic writing. This statement is supported by Pynn (2014), who states that one must corroborate that there is sound judgment and reasonable inference for one's beliefs. This confirms the exercising of critical thinking. Take for example objectivity. As an academic one must strive to be objective, as it is unfeasible to prove anything absolutely. The University of Melbourne (no date), points out that academic writing presents, assesses and concludes subjects in an objective position. Research and reasoning is the point of convergence of this position, in lieu of personal beliefs and opinions. To illustrate this point, one might refer to confirmation bias. Psychologists argue that people are more likely to accept a source as evidence if it confirms one's beliefs to be true. Consequently, one would be likewise biased against evidence if it disputes one's beliefs. (Kappes, Harvey, Lohrenz, Sharot, 2020). Take, for instance, choice-consistent information. Max (2020) points out that if one is confident in one's judgment, it is less likely that one will review one's position and reconsider one's beliefs. This habitually occurs with emotionally charged subjects and opinions.



To conclude, the arguments presented indicate that by utilizing these three key skills in academic writing ensures that one will obtain accurate, consistent, and attentive work, whilst additionally avoiding plagiarism. As a final point, these skills warrant a successful student. One must admit that a successful career in a degree-led industry derives from a disciplined and motivated student. That is why it is all-important to ensure that individuals wanting to succeed and thrive in future ventures are using these foundation study skills from the very beginning of one's studying.

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