

## Self Help Resources – Useful sites & Information

Study / Exams (including procrastination & perfectionism)

Have you looked at our list of **Apps**?

Also, the Study Skills Centre might be able to help you.

<https://www.bangor.ac.uk/studyskills/index.php.en>

Hefyd, efallai y Canolfan Sgiliau Astudio yn gallu eich helpu.

<https://www.bangor.ac.uk/studyskills/index.php.cy>

### How to Overcome Perfectionism

[www.anxietybc.com/sites/default/files/Perfectionism.pdf](http://www.anxietybc.com/sites/default/files/Perfectionism.pdf)

**How to Overcome Perfectionism (and the Anxiety it Causes)** YouTube video.

[www.youtube.com/watch?v=mrhvsQRKVUU](http://www.youtube.com/watch?v=mrhvsQRKVUU)

### 11 Ways to Overcome Procrastination

[www.psychologytoday.com/blog/better-perfect/201703/11-ways-overcome-procrastination](http://www.psychologytoday.com/blog/better-perfect/201703/11-ways-overcome-procrastination)

**How to Stop Procrastination – Become More Productive** YouTube video.

[www.youtube.com/watch?v=bZxs1PKqYTU](http://www.youtube.com/watch?v=bZxs1PKqYTU)

**Study Skills** Generic study skills advice for learners across all disciplines.

[www.skillsyouneed.com/!st.vercome Perfe](http://www.skillsyouneed.com/!st.vercome%20Perfe)