**Personal Performance Formula (PPF)**

Having looked at a wide range of factors, features and experiences in this chapter and chapter 2, and considered how these all impact on your performance in different ways, select the top 5-10 actions you can take to put the conditions in place to optimise your performance for study. It is up to you how many you list, where you select these factors from, and how you word them so that they are meaningful to you.

Be realistic and creative, as it might not be feasible to have everything exactly as you prefer. For example, if you have a strong preference under *External Direction* (p. 81) for tutors to set assignment titles, but your tutor does not do that, look for a good alternative. Your tutor might be willing to have a conversation that prompts ideas, or to give examples of titles used in the past. You might be able to draw on old exam papers, dissertations or journal article titles instead to stimulate ideas. You might word this below along the lines of: ‘*Look for sources of external inspiration to stimulate ideas for assignment titles’*.

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|  | Personal Performance Formula for study |
| In your own words, list 5-10 actions you can take to ensure the best conditions are in place to optimise your own academic performance. Identify your formula for success.  |
| **1** |  |
| **2** |  |
| **3** |  |
| **4** |  |
| **5** |  |
| **6** |  |
| **7** |  |
| **8** |  |
| **9** |  |
| **10** |  |

**This is your Personal Performance Formula (PPF) as identified through your own structured reflective analysis of how you do things, and of what makes the most difference to your study.**