



A self-checklist to help you decide if you're ready to take the leap into further study.

1. Purpose

- ☐ I have a clear idea of why I want to study.
- ☐ I can link this course to a specific career goal or skill I want to gain.
- ☐ I feel excited (even if nervous) about the idea.

2. Headspace

- ☐ I have enough mental energy to take on learning right now.
- ☐ I've talked this through with a mentor or trusted colleague.
- ☐ I know how I tend to manage stress or overwhelm.

3. Time

- ☐ I have space in my week to study without sacrificing my wellbeing.
- ☐ I've looked at the course structure and mapped out how I'd fit it in.
- ☐ I've discussed time needs with my workplace or support network.

4. Finances

- ☐ I understand the total cost (fees, books, lost income if relevant).
- ☐ I've explored funding options (e.g. FEE-HELP, scholarships, CPD funding).
- ☐ I've made a simple budget to see what's feasible.

5. Support & Next Steps

- ☐ I know where to get academic or peer support.
- ☐ I've identified my first concrete step (e.g. info session, application, call).
- ☐ I feel ready enough — even if I don't have every answer yet.