

## July Newsletter



Hi everyone, and welcome to the July edition of our newsletter.

In this edition we are going to introduce you to a new feature (HTFT study tips) and talk about Mental Health - something that is of huge importance as we adapt to a new 'normal' during the current global pandemic.

We are tremendously proud of all of you and the resilience you are all showing.

Stay safe.

## HTFT *study tips*

This is a new monthly feature, where we are going to share with you some of the study tips that we believe help students during their studies.

### Study Tip 1: Build your own 'flash / revision' cards

Flash cards, or revision cards as they are sometimes called, are a really effective way of studying content that is static i.e. definitions, formulae etc. Buy some A5 or A6 revision cards, and on one side write down a question (e.g. what is the formula for break-even point in units?) and on the other side write down the answer (e.g. fixed cost divided by [sales price per unit - variable cost per unit]). You are then able to test yourself or get other to test you.

We have seen some students who colour coordinate their flash cards - using blue for Section A of the syllabus, yellow for Section B and so on.

It is important that as you use your flash cards, you spend time to re-write ones that you are not committing to memory.

There are a number of free online/mobile flash card tools that you can use e.g. Quizlet.

### Mental Health.....

Taking care of your mind as well as your body is really important as we all adapt to what is becoming the new normal - working (and studying) from home.

You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your work/study etc.

It's important to remember that it's OK to feel this way and that everyone reacts differently. Remember, for most of us, these feelings will pass.

There are however some things that we can all do to help with our mental health during these times:

1. Control the controllables. This became the mantra of British Cycling in the run up to the Olympics, and it essentially means that there are some things you can't impact or change, so focus on what you can control
2. Stay connected with others. Humans need human contact. Jump on the Community and say hello.
3. Look after your body. A 20 minute brisk walk, a 10 minutes workout - they all help put a bit of balance back.
4. Talk about what you are feeling - it is OK to share your concerns with others you trust - and doing so may help them too.
5. Keep doing the things you enjoy - don't let that hobby slip!

### Helping each other.....

This is one thing I know we are all good at.

I am always seeing HTFT students helping each other, with bits of advice, support and encouragement.

We need, during these times, to do more of this.

Thank you for your continued support, and please let us know where we can improve - **HTFT Partnership**

### Useful resources

#### ACCA

ACCA have a purpose built exam resources site, where students can find past papers and technical articles

[Click here](#)

#### ACCA

ACCA run regular Exam Window surgery webinars that you may want to register for

[Click here](#)

#### ICAEW

ICAEW key resources - they are not just limited to ACA students!

[Click here](#)

#### HTFT Blog

Regular updates, thoughts and general ideas to support your studies

[Click here](#)

#### AAT

AAT's Code of Professional Ethics sets out five fundamental principles which all AAT members must comply with

[Click here](#)

#### CIMA

CIMA/Pearson Vue question tutorials

[Click here](#)

#### CIMA

CIMA regularly schedule and run regional events for student members and members that often support CPD

[Click here](#)

### COVID-19 updates

#### AAT

#### ACCA

#### CIMA

### Upcoming HTFT Courses

#### AAT

**L3 Advanced Bookkeeping** starts mid-Sept

**L4 Financial Statements of Limited Companies** starts mid-Sept

#### ACCA (into Dec 2020)

**Performance Management** starts 16th Sept

**Taxation** starts 14th Sept

**Financial Reporting** starts 17th Sept

**Audit and Assurance** starts 15th Sept

**Financial Management** starts 17th Sept

**Strategic Business Reporting** starts 12th Sept

**Strategic Business Leader** starts 12th Sept

**Advanced Financial Mgt** starts 20th Sept

**Advanced Performance Mgt** starts 20th Sept

**Advanced Tax** starts 12th Sept

**Advanced Audit & Assurance** starts 20th Sept

#### CIMA

**F1** starts 2nd Sept

**OCS (Nov)** starts 27th Sept

**F2** starts 16th Sept

**MCS (Nov)** starts 4th Oct

**F3** starts 29th Sept

**SCS (Nov)** starts 11th Oct

#### ICAEW (CFAB)

**Accounting** starts 21st Sept

**Assurance** starts 8th Oct



