

STUDYING FROM HOME

You may have to work or study from home in your academic journey. This can be quite difficult for various reasons and can take time for you to get comfortable with. Try out the tips below to help you.

1.

ESTBALISH CLEAR WORK SPACE

Where possible, avoid working somewhere you rest or spend your spare time. This can't always be avoided but make sure you have a clear work space. For example, a desk with space for your books, laptop, notebook and stationery.

2.

AVOID SITTING IN BED

Working from your bed can demotivate you and tempt you to have a nap or not be as productive as you should be. Your bed is to rest: make sure you dont mix this up with studying.

3.

COMPUTER SETUP

- Close irrelevant tabs you have open. They will only distract you.
- Have the link ready to your virtual learning platform and arrive on time.
- Be prepared to share your screen
- Split your screen between your lecture and your notes

4.

GET DRESSED

Try your best to get dressed every day as if you were going somewhere. This will put you into the right mindset and prepare you for the day. Staying in your pyjamas will only encourage you to lounge around and do little work.

5.

AVOID DISTRACTIONS

Try your best to put your phone away whilst you are studying and use it in your break times. If you can, try to sit in a quiet space and remove anything that might distract you.



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ESTABLISH YOUR DAY

Plan your month/week where you can. Filter in break times and any deadlines. Make a to-do list and manage all your tasks. Routines will keep you motivated and keeps your days structured.

7.

A GOOD NIGHT'S SLEEP

Lack of sleep can mean you spend the day unfocused and you are unlikely to concentrate properly. Make sure you go to bed at an appropriate time and don't sleep in too long. Sleep is good for your wellbeing.

8.

STAY ACTIVE

Keep active and move around every so often. Take a break from your computer screen and desk every so often. Stretch and keep moving to help your concentration levels.

9.

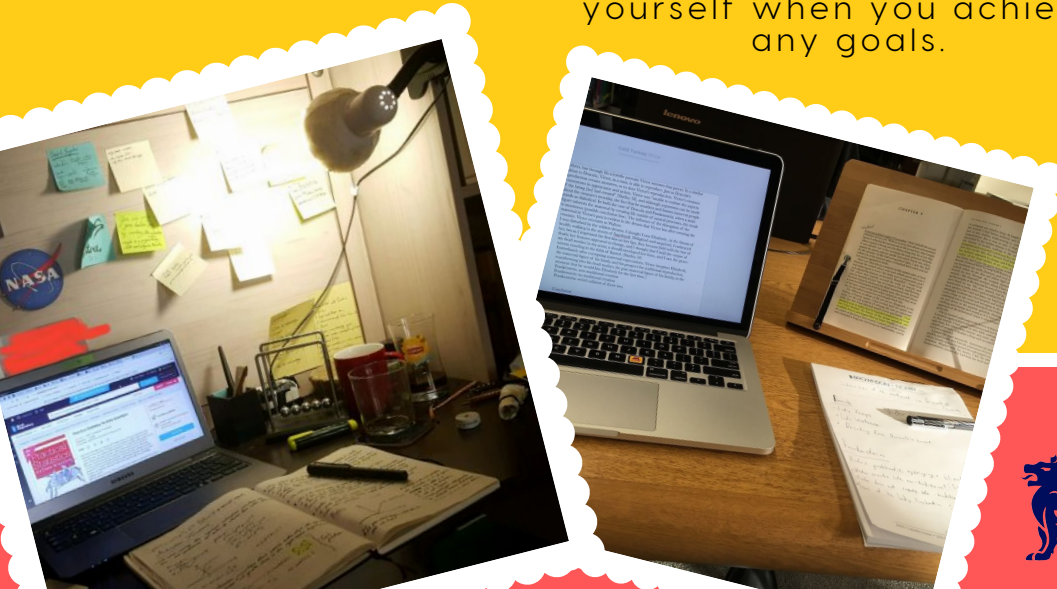
SET GOALS

Set yourself long term and short term goals that you want to achieve weekly and monthly. This helps you stay focused and motivated to achieve.

10.

CREATE A REWARD SYSTEM

Make sure you celebrate and reward yourself when you achieve any goals.



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