

Tips for Studying from Home

These are highly unusual and unpredictable times we are in right now, and life has been disrupted in numerous ways. When studying from home it can be challenging to stay motivated and focused so hopefully these tips will help!

1. **Stick to your regular schedule as much as possible.** If you had a class at 8 am, study for that class at 8 am. Our brains prepare us for our normal routine, so it is easiest to be focused and ready to study if it is done at the same time as usual.
2. **Get dressed.** It's tempting to stay in PJ's all day but by simply dressing you are setting your mind up for being more productive.
3. **Relax.** Take some deep breaths, do a body scan and relax your muscles. When we are stressed, it is hard to focus so minimize how much time you spend on the news and every day engage in some things you enjoy (e.g. listen to music, bake/cook, knit, colour, take a warm bath, dance around your living room, etc.).
4. **Set up a study area.** Having a work surface dedicated to your classes that is organized and uncluttered will also send a signal to your brain that when you are in this area, it is time to focus on learning. Be sure it is well lit.
5. **Set boundaries.** If you live with others, let them know your study schedule and ask them to avoid interacting with you and making noise during this time.
6. **Minimize distractions.** Put your phone away so you are not tempted to look at it. Fill up your water bottle before you sit down. Use ear plugs if there are sounds you cannot minimize.
7. **Reward yourself.** Decide how much time you will spend on your studies and when you do that, reward yourself! This will greatly help with motivation. Rewards can be a good cup of tea, calling a friend, spending time playing games, and so on.
8. **Take regular breaks.** This will improve your performance and boost your energy. At least every hour you should be getting up and stretching and moving around. Some find using the pomodoro technique is highly effective. This method involves setting a timer for 25 minutes and when it goes off, take a 5-minute break. Every 4 pomodoros take a longer break (usually 15-30 minutes).

9. **Rest your eyes.** With classes online now you will be looking at your screens even more, which can strain your eyes. This can lead to headaches and blurred vision. Rest your eyes by regularly shifting your focus occasionally by gazing at something farther away for a minute or so.

10. **Take care of yourself.** During this challenging time in the world, it is especially important to take care of your health. Get enough sleep (and keep your regular sleep schedule), eat well, and stay in touch with your social supports.