



Counselling Workroom – Tips for studying efficiently during the Coronavirus pandemic

Recently, we need to work and study at our own places during this Coronavirus pandemic. There are lots of changes and it can be a challenge for us as we have never faced this situation before.

Remote learning needs self-discipline, good time management, comfortable environment and...



Here come some tips for studying efficiently during this period.

Preparing a good study
atmosphere and attitude

1. Get dressed

Wearing pajamas all day is comfortable and let us feel free and relaxed, but may be too relaxing! It may be better to prepare our study by getting dressed with casual wear. It can help us to prepare our work psychologically.

2. Create your own "classroom"

A good study space can make you feel happy, productive and motivated. To create one, you should think about when and where you are most productive. You may need space which is separate, bright, quiet or with some motivating background music, orderly with all equipment you need. If you have a room with a door, that may work better.



Studying on your bed
is not recommended
as it may cause trouble sleeping when you associate
your bed with study or work.

3. Communicate with your family members / roommates

If you are not the only one who need to work at your place, do communicate with them as all have different timetables, which require some private time. You can set up some visual signals like "I am in lesson" to let others know you are not be disturbed and need to concentrate.

On the other hand, you can also treasure the time to spend with each other. Having fun together or chitchat can kill the boredom and gain mutual support during this difficult period.

Establishing efficient study habits

4. Schedule your study time

You can set alarm to remind yourself to take the online classes as scheduled. Try to plan your daily schedule with all assignments' and examinations' schedules. After all we are not machine, we cannot expect ourselves to work 24 hours per day.

✦
Planning your days
with study time, play time
and break time is essential.



5. Keep in touch with classmates and lecturers

You are not alone, you may face the same difficulties in remote learning like other classmates. It is good to discuss and solve out the problems together. If you have any questions about course materials, due dates, or any other concerns, do reach out to your lecturers for help.

6. Create a task list

We often heard that students say there are plenty of work to do but they do not know where to start. Try to write down all the tasks you need to do in coming weeks. Prioritize them by considering their importance and urgency and focus on those which are the most important and urgent. It may be easier for you to start with some simple tasks as it is always good to have sense of achievement to keep us moving.

7. Make good use of the technology

No doubt that we all need to adapt with the new format of learning and we may face some difficulties. Treat it as a good chance to equip yourself with the new technique and make use of their features, for example, you can record your lessons with the lecturers' consent and revise as many times as you need!

Caring for yourself

8. Take regular breaks and exercises

Our brains need break, you are suggested to take a break every 50 to 90 minutes. Looking out of the windows, listening to music, having snacks, doing exercises or stretching..... you can do anything you like during a fixed break time.

It is important to
keep our body stay in motion
and help break the monotony.



9. Stay away from temptations

There are so many distractions: snacks, TV, online games, surfing IG, YouTube, chitchat with friends... Remember, "Out of sight, out of mind". Put them aside when you are in lectures or working on assignment.

10. Reward yourself

Having something to look forward to make it easier to stick with your plan when you feel unmotivated. Once you can accomplish some tasks, reward yourself by doing something enjoyable. You deserve it!

Remember, no matter what the circumstances are, we can still be happy under mask.

