



#Study Hacks

ADDITIONAL LEARNING SUPPORT - ISSUE 2, OCT 2020

WOW OCTOBER ALREADY!

That means you're almost half way through your first term so well done! You've managed your first month at college and slowly creeping towards a well deserved break at half term. Half term can be a great time to recharge the batteries or maybe you need to catch up on any outstanding assignments, put in some revision for an upcoming test or maybe get a head start on next terms topics! Maybe you've got the whole college thing figured out already; maybe you've made some new friends, learned some new skills or tried something new! Maybe you're still working on this and that's OK - it can take time to feel settled in a new environment, especially in the current situation.

We know the current situation has led to lots of new changes and challenges - one being working from home and completing learning online! That's why we've decided to put some useful [#StudyHacks](#) together on tips of how to work effectively at home!!

CONTENTS

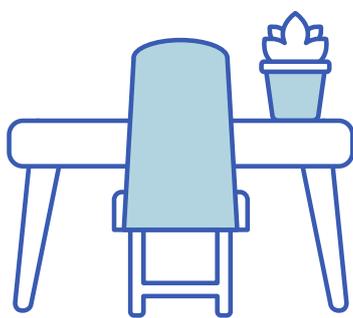
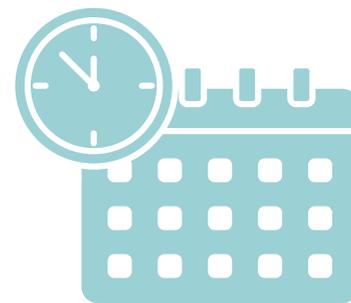
- 01 INTRODUCTION
- 02 STUDYING FROM HOME TIPS
- 03 STUDYING FROM HOME TIPS CONTINUED





Routine

Without a steady routine, the lines between college and personal time can get blurred and be stressful to get right. Follow your normal sleep and college patterns (timetable) if you can, and stay consistent. Get up at the same time, eat breakfast, and get out of your pyjamas! And at the end of the day, try to get to bed at your usual time.



Work Space

If you can, find a quiet space away from people and distractions like the TV. Get everything you need in one place, before you start learning – pens, paper and anything else – and shut the door if you can. Lastly, get comfortable. While it might be tempting to sit on the couch, it's much better to sit at a desk or table.

Take Your Breaks

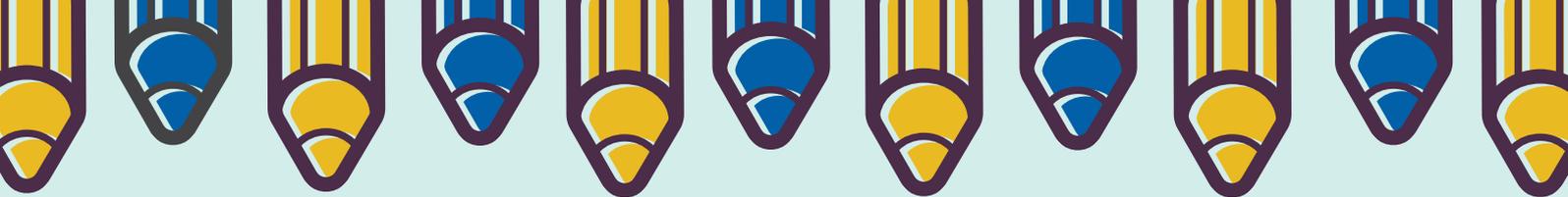
Making time for the breaks in your timetable is important to help manage feelings of stress – try to take lunch and regular screen breaks. Give yourself time to concentrate on something else so you feel more focused when you return. Even just 5 to 10 minutes of short breaks can really help your productivity too.



Manage Your Time

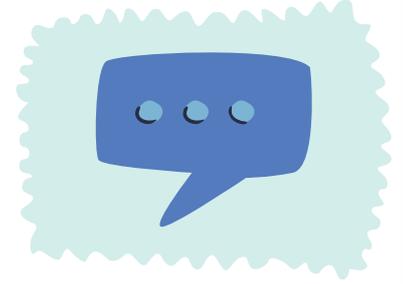
Recognise that different tasks require different levels of concentration and effort. Watching a video can be easier than reading a complex text and taking notes. Divide your work in to manageable time slots. With assignments, make sure you know your deadlines (even though you aren't in college, you will still be doing assignments from home!)





Actively Join in Your Lessons

It's a good idea to stay active and take notes while listening to your tutor or watching any learning online (just as you would when attending college in person!) Make sure you've done relevant reading or homework in advance, and if you can, ask questions if there's anything you aren't sure about.



Reach Out For Help



Not everyone has access to a laptop and reliable WiFi. Some students are relying on mobile data to connect to their online lessons and many are missing physical resources such as the library. Make your tutor aware as soon as possible if you have any difficulties logging online. Make sure you know how to use online platforms.

Socialising

Organise some time to catch up with course mates to discuss ideas and difficulties. Studying at home can make you feel alone in your concerns, but many of your fellow students will be dealing with similar issues to you. Although you may miss socialising in person, connecting with other students can maintain a sense of community.



Be Kind to Yourself

*it's okay to
feel your
feelings*

Remember, this is an unusual situation and things will not feel normal! Be kind to yourself and acknowledge that you might not be as productive as you usually would be. Be realistic about what you can achieve given the circumstances, and relax when your lessons or college work is done. If need be, seek extra support!

