

WELLBEING HUB

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STUDYING FROM HOME

Unexpected changes and transitions can be challenging, and changing to an online learning format is no exception. To create a good home study experience experiment with some of these strategies.

- Create a daily study schedule that suits your learning needs.
- Schedule in breaks and free time in your day to maintain a balance.
- Make technology work for you not against you: Use apps like *Forest*, *Freedom* or *Rescue Time* to help limit distractions.
- Develop a morning routine that includes changing out of your pyjamas and having some breakfast before sitting down to study.
- As best you can, set up a space in your home that is conducive to study. We understand this may be challenging sometimes, but try to make any tweaks where you can e.g. have everything you need close by, preferably sit by a window and pop on some noise cancelling headphones if your house is a busy one.
- Consider *how* you use your breaks so that you feel refreshed and primed to continue studying. For example, if scrolling on Instagram leaves you feeling demotivated or anxious, maybe try walking around the block instead to get some fresh air and sun to clear your mind.
- Contact academic staff early on if you feel like you're struggling to understand content or keep up with the workload.
- Develop an evening routine to tell your mind to switch off and a morning routine to turn on your study mind.
- If you're struggling with procrastination or low motivation, reflect on and identify any thinking patterns that might be contributing to how you're feeling e.g. "I'll wait until I feel like working", "the content is too hard", "I don't know where to start". Once you've identified these blocks, you can practice challenging and reframing these thoughts into ones that are more helpful and conducive to study.
- Get visual - use a calendar or diary to write in all your assessment due dates. Plan your study based on your deadlines.
- Introduce a "buffer zone" into your week. This is a scheduled time to catch up on anything you didn't complete during the week. This can be especially useful if you're currently finding it difficult to study and think at your usual pace.

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