

# Studying at home? But how?

Now that all our students are studying in locations all over the world – out of sheer necessity – we thought they could do with a few tips to get to grips with online studying.



## 1 Kick-start your brain into action

- > A ritual helps to switch your brain into active mode. Rituals condition your brain, signalling you are about to get started.
- > Choose a ritual that feels constructive in terms of achieving your goals, for instance, decluttering your desk.
- > A ritual can also be checking your favourite web site first or doing a (meditation) exercise.

**You'll figure out what works for you soon enough!**



## 2 Cut the clutter

- > No matter how difficult it may be, try to study in a quiet and tidy environment. This will calm your mind, literally giving you more headspace.
- > A clear to-do list also gives you peace of mind. Write down any niggles, worries or stray thoughts in your diary or make a to-do list.
- > Such a list can help you plan your day and set priorities. And then, of course, there's the joy of ticking off tasks as you get them done!

**Try and see if this boosts your concentration!**



## 3 Time blocking in batches

- > The pomodoro technique is a method that can help you plan your day more efficiently. This technique involves 25 to 50 minutes of concentrated working, followed by a short break.
- > If you have done that a number of times, you can take a longer break.
- > The maximum attention span of an adult learner is 50 minutes. If you can keep that up, then you're really doing well!

**Take some Google time to find out what tomatoes and time management have in common!**



## 4 Winning the distraction battle

- > At times you may feel overwhelmed by the temptation to check social media or watch the next exciting episode of your favourite Netflix series. Just shut down all the online applications that you don't need. This is useful anyway when you are logging in for an online study activity.
- > It can also help to go to a digital study environment and find your fellow students through Microsoft Teams.

**In this way, you can motivate and encourage each other from a distance!**



## 5 Agreements with yourself and others

- > It's not easy for everyone to study at home, especially if there are more people around. Accept that and make clear agreements with each other.
- > Make sure that everyone knows when you have online classes or examinations, and so, when you really need to work in peace and quiet.
- > Don't be too hard on yourself if you need some time to get used to another way of working.

**Together you will surely work things out!**



## 6 Tea time!

- > Make sure you drink enough while you're studying. It only takes a 5% shortage of fluid to cause your concentration level to decline by 25%!
- > Water, tea, and healthy food improve the functioning of the brain. Coffee and energy drinks do not – they only have a temporary effect.
- > The part of your brain which processes information and makes decisions needs sufficient rest. And that's about eight hours of sleep a night.

**In other words, take good care of your prefrontal cortex!**



## 7 Keep moving

- > Exercise and sport are good for your physical and mental health, and strengthen your concentration. Even up to three hours after a short walk!
- > But you can also get active online. Many gyms and health clubs offer online courses, advertised through social media. Also keep an eye on our own HUB programme for online yoga classes.
- > Physical activity increases your self-confidence in being able to complete (difficult) tasks. This will give you less stress and better sleep.

**Turn your active mode on!**



## 8 Take active part in online educational activities

- > Make use of all the digital possibilities that BUAs offers and take active part in online education.
- > It is the best way to sustain academic success and avoid falling behind in your studies.
- > Encourage your fellow students to take active part too. Challenge each other – including lecturers, coaches and supervisors – to learn to deal with online education in an active and creative way.

**Being in it together makes it more fun!**



## 9 Try to look after each other

- > As prime minister Rutte already said: 'Try to look after each other'. The only way to do so is to stay closely in touch with your fellow students, coach or supervisor and lecturers.
- > Work out clear arrangements about who does what and about when you work online.
- > Ask others if they need anything and encourage each other to take part in social online activities. Check the weekly HUB programme and listen to HUB radio!

**Isolated, not disconnected!**

## 10 Dare to ask! | Offer each other support and encouragement!

- > It may seem like a surrealist film we've ended up in. Still, this is all real and it's not always easy. Please ask for help if you need it.
- > Do you have difficulty with your motivation, do you experience stress or anxiety, or are you facing a dead end in your studies? You can always contact your coach or student counsellor, but lecturers and fellow students would also be happy to help you!
- > Mirro's online self-help modules can also help you. More information can be found via the BUAs Studentportal and the BUAs corona webpage.