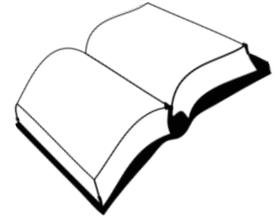




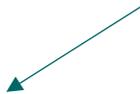
Managing your studies from home A student's guide



What we will cover:

1. What's the point of doing work whilst in Isolation?
2. What work should I be doing in isolation?
3. Motivation for working at home

Why should I continue to study whilst schools and colleges are off?



1. Important to keep your brain and mind active



2. Looks good if you're returning to school/college or starting university



3. See it as a chance to improve your skillset and keep up with academic work

Where do I start? How do I start? What work should I be doing?

First things first, start by making a timetable – set out what work you can be doing and plan how and when you are going to complete this.

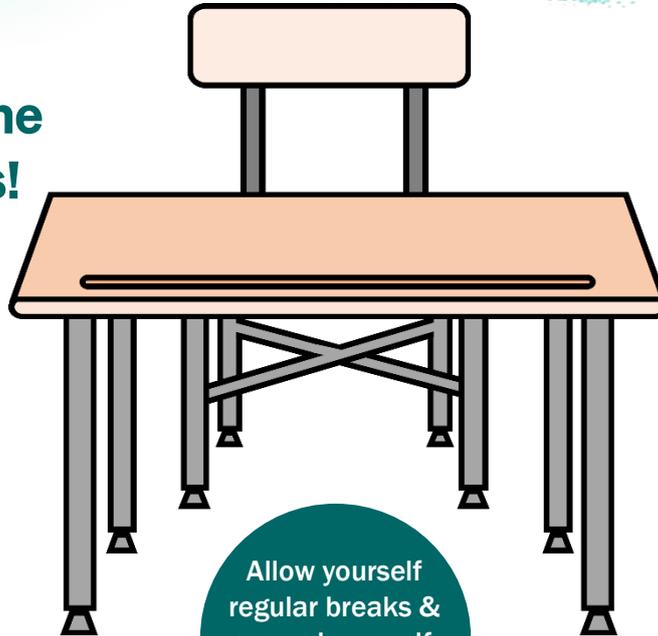
You may already have work set from your teachers, but if you haven't, think about other projects you could be getting on with. Perhaps researching your A-level subjects or looking more into the university courses you've applied for? There are plenty of resources that you can use online too.



Set yourself some goals and tasks - what do you want to achieve over the next few months before you go back to school, college or university?



Tips on home workspaces!



Make sure you're as comfortable as you can be. Take regular breaks and stretch if need be

Allow yourself regular breaks & reward yourself by having a snack

It's often hard to focus in our own home, so try and find your own space away from distractions!

If you live in a noisy house, it might be easier to work using headphones!

Keep your brain active!



So, you've probably been off school or college for a few weeks now and boredom may be kicking in. Well, now is the time to get those brains going and really focus on studying at home!

It's easy to fall into bad habits whilst you're away from the classroom. It's more important than ever to keep your brain physically active and do work that is going to really challenge you!

Utilise online resources as much as you can – you will find that many online programmes and virtual sessions are free for students during this isolation period, so make the most of these courses!

**Need some inspiration for new activities/skills/work to do during isolation?
Here are some suggestions from us:**

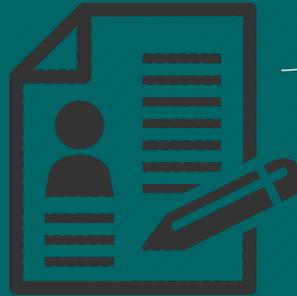
Learn a new language	Start your own blog
Set up your own website and post on topics you're passionate about	Learn sign language
Take up a new hobby – photography?	Start an art project
Research a subject that you've always had a keen interest in	There are plenty of online resources you can use if you need some motivation!



Use this time to enhance your CV!

Be sure to update and add content to your CV that you think employers or academic staff would be impressed by. If you're learning a new language, for example, this would be a fantastic point to include in your CV

Think about using these next few months productively. Studying new subjects, learning new skills or taking up new hobbies are not only great at keeping you busy but will really help broaden and expand your CV



If you've never created a CV and need help with where to begin - this is a good time to make a start!

There are plenty of online resources that can help with this, but it's also a good idea to contact your teachers, tutors and career advisors for help



Communication is key!

It might seem like a lonely time but use this period to stay in touch with your friends and peers - find out how they're doing - share work and studying ideas!

It's also a great chance to keep in touch with your teachers and tutors - using video calls or emails. They can set work for you, help with studying and encourage you to work as best you can from your home environment.

It's important to know that universities are always around and we welcome conversation with students - if you'd like to chat with any of our staff or current students here at BGU, please do!

Lacking a bit of motivation? Mr Motivator offers his advice...



Make sure you get a good nights sleep!

Set AND stick to a routine!

Reward yourself when you meet a study goal

It's important to maintain a healthy work-life balance whilst we're in isolation. The main thing to take away from this is to use this time off productively - try and maintain your studies as much as you can!