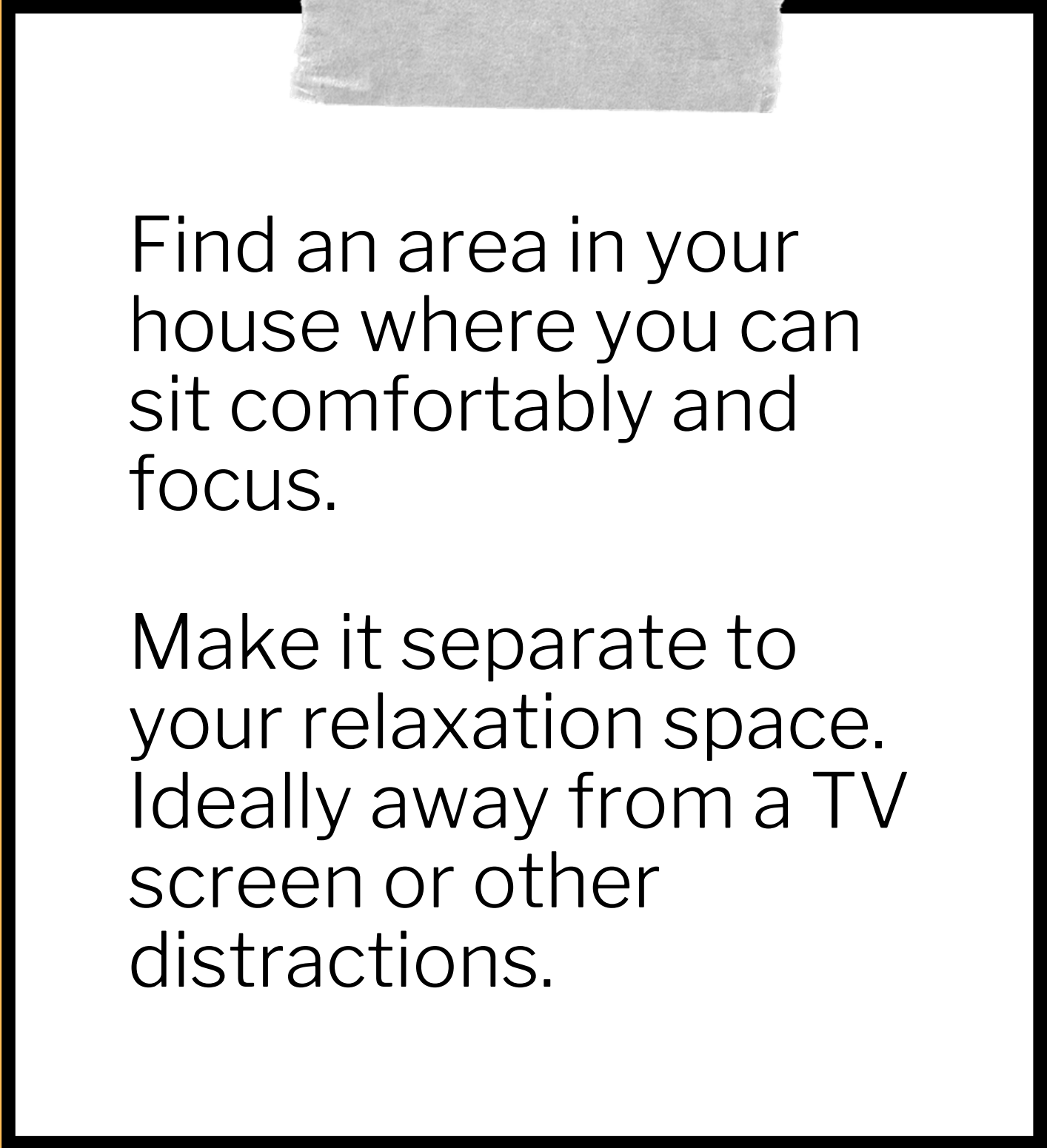
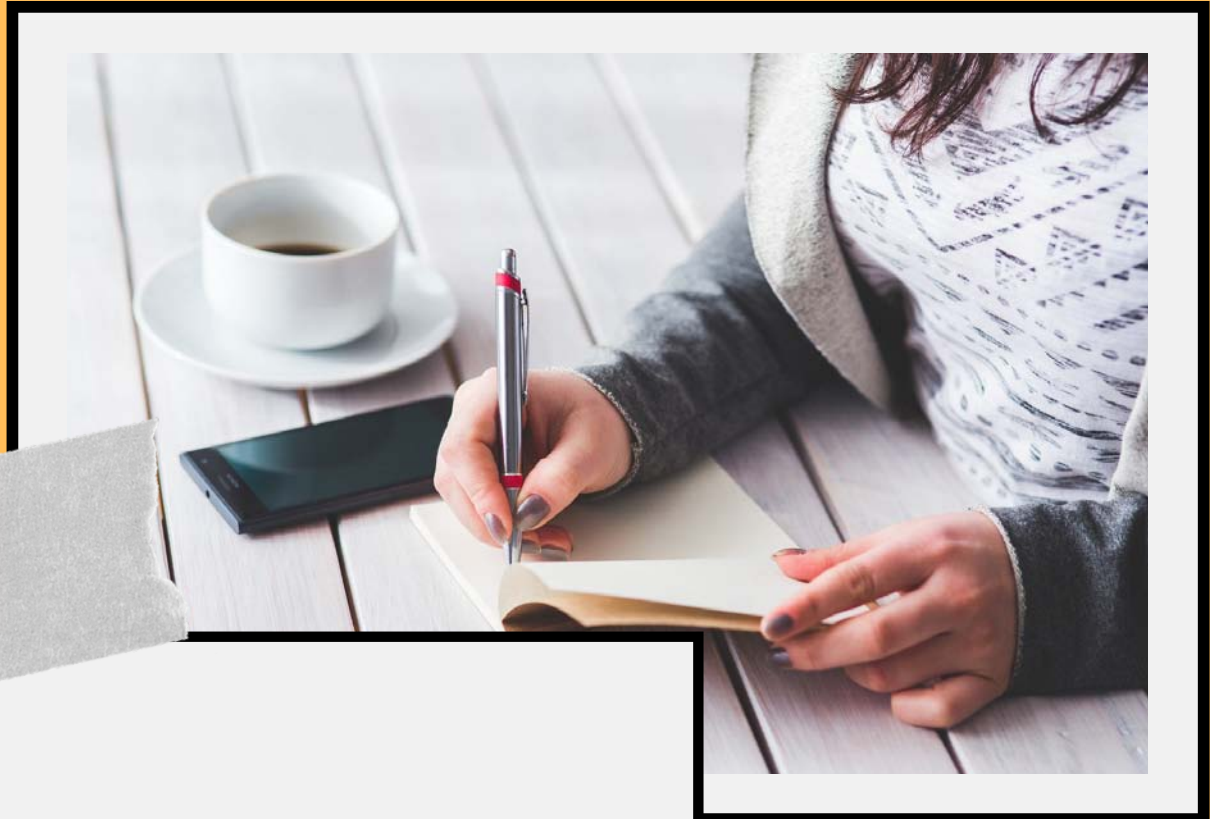


SET YOUR SPACE



Find an area in your house where you can sit comfortably and focus.


Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.



Stuck in a online class
and zoning out? Note-
taking keeps your mind
engaged.

TAKE NOTES

PLAN YOUR DAY



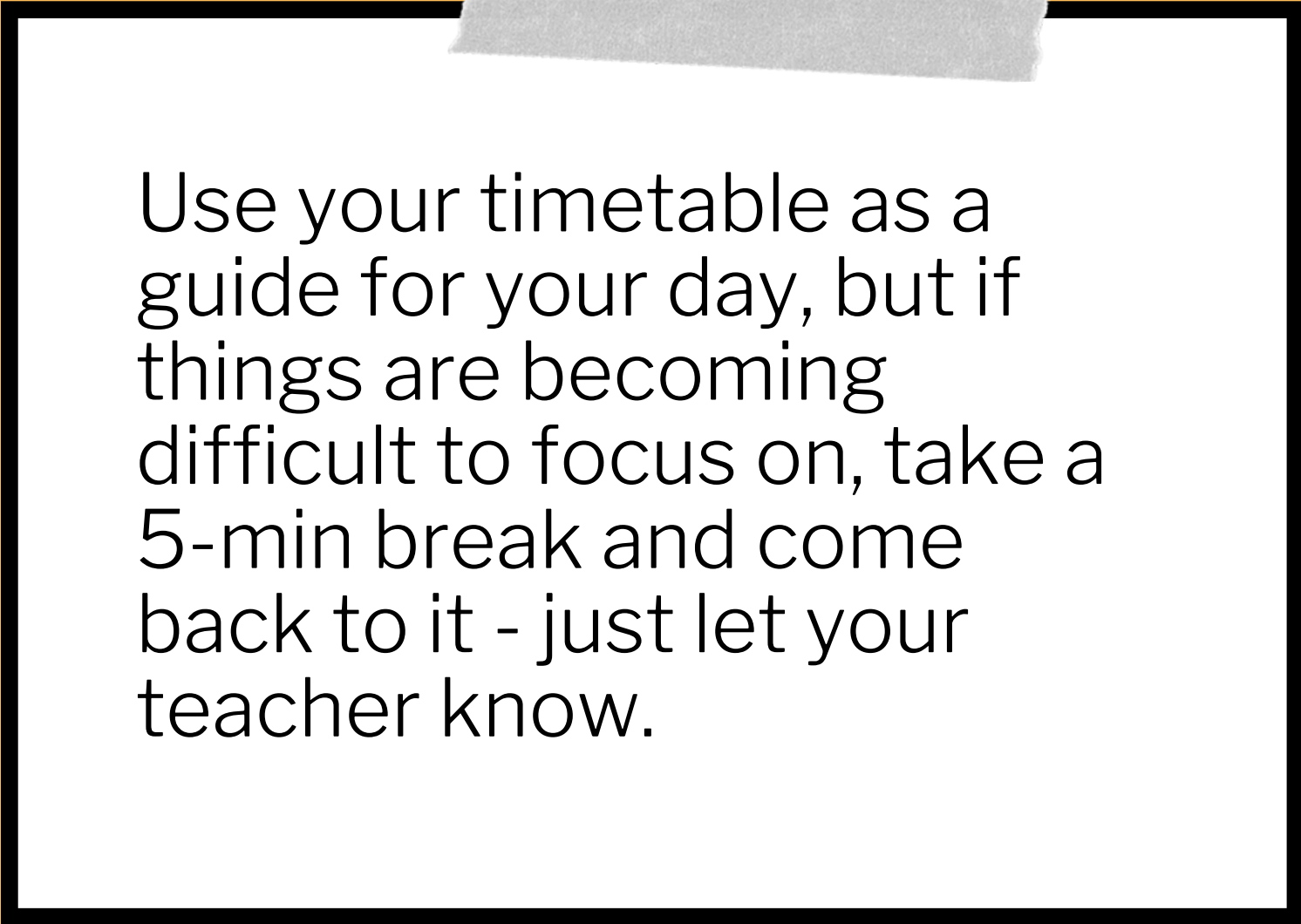
Use your timetable to help plan your day better so you know when to start and finish.

If you just have a list of things to study, break it down into tasks and plan to do the hardest ones when you have the most energy.

LESSEN DISTRACTIONS

Harness your imagination
and picture that you're at
uni and not at home.

Lock your phone away if you
need to - social media and
apps will always be there!



Use your timetable as a guide for your day, but if things are becoming difficult to focus on, take a 5-min break and come back to it - just let your teacher know.

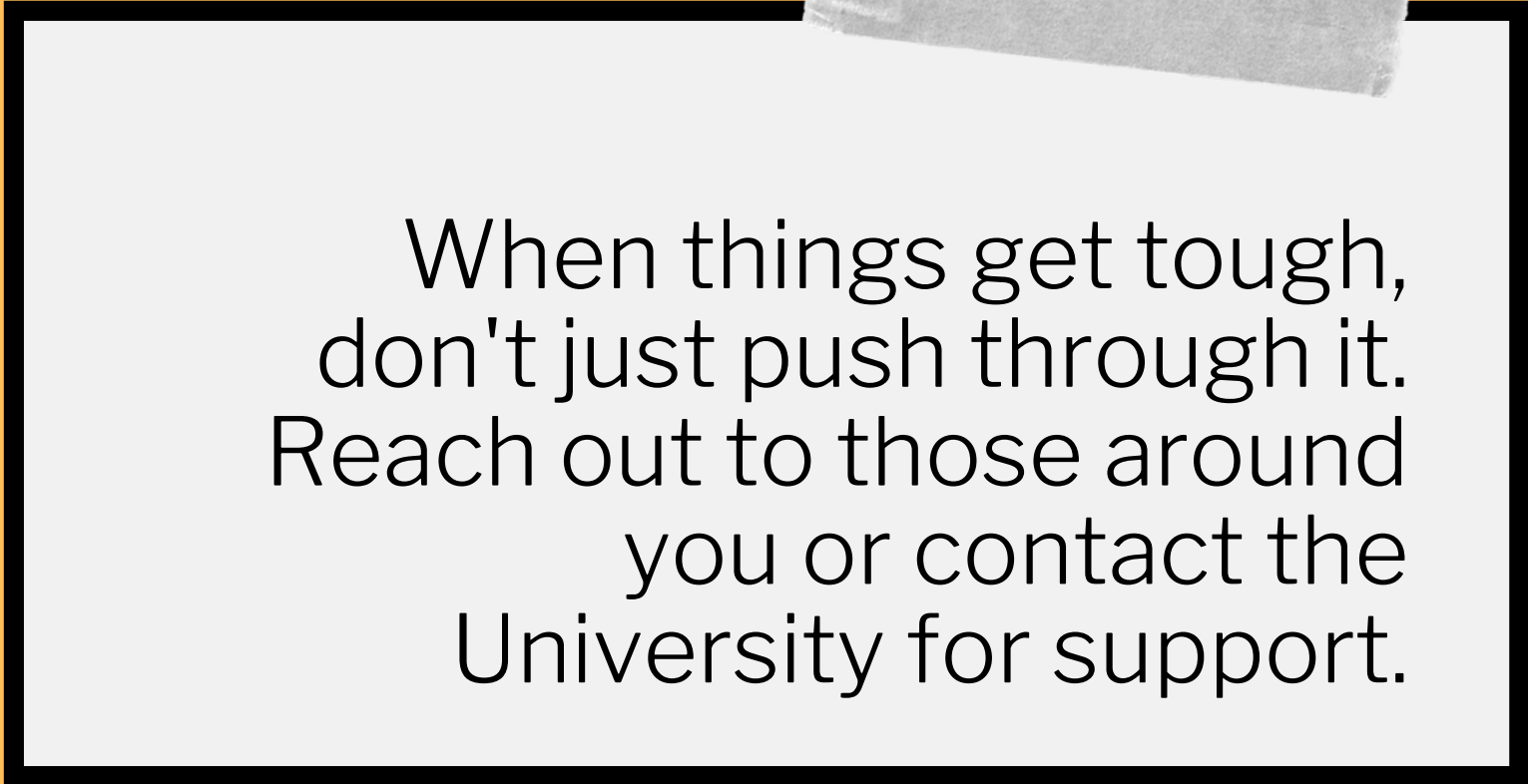
CHANGE IT UP

TAKE BREAKS



Get up once in a while. Get some fuel or fresh air. A clear mind is a healthy mind.

SPEAK UP & ASK FOR HELP



When things get tough,
don't just push through it.
Reach out to those around
you or contact the
University for support.

JOURNAL IT



Use a journal to track your progress or any questions you might want to ask your lecturer about the work.