

Tips for Studying at Home

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Make Changes to your Morning Routine:

Think of the benefits of not commuting to college or work in the morning. There is some extra time in the morning, all for yourself, so make the most of it!

- If you are an early riser you could get your work organized for the coming day, prepare your lunch, go for a walk or have an extra hour in bed.
- Getting dressed into comfortable clothes is another simple way of altering your morning routine. Wear something you would wear regularly but not something that would discourage you from working.

Have Your Own Space:

Having your own space to study is a very important thing to identify when studying at home.

- Make sure that you have a place that you can call your own space can be very helpful when getting into a routine and adopting new habits while studying from home.
- Having something motivational on the wall is another great way to remind yourself of why you are studying. This could be the logo of the company you want to work for on the wall, the grade you want to achieve or a quote that you know will motivate you.

Plan Your Time/ Make the Most of Your Study Time:

- Planning is vital for a productive study session. Make your plan simple, easy to follow and something you know you will be able to stick to.
- Having a to do list is a very useful way of visualising what you need to do during the day. Having times allotted for starting and completing tasks is a very useful way to try and keep track of where you are in the day.
- Start with the subjects that you know will take the most time and that you find you like the least, that way they're out of the way and you can focus on other subjects that you may prefer.

Bring Everything you need and Nothing you don't:

Leave your phone in another room!

- Work your phone time into your breaks as something to look forward to.
- If you must have your phone on, turn off the notifications of non-essential applications or even better temporarily delete the applications that are most likely going to distract you.
- Build on this by only having applications on your computer that would be helpful to your study. If the application/website is closed and not on the taskbar you are less likely to click on it.

Review and Evaluate:

Revising what you did in the previous study session is a very useful habit to get in to.

- Start by outlining and rewriting your notes and then a good way to break it down is to try to fit one topic on to 10 lines of key points. These should be the most important points.
- Reviewing your study at the end of every day helps you discover your Learning style. Looking back gives you the opportunity to see if you have completed what you want to get done. If you were not as productive as you would have liked to have been, it may be the time to re-think and change the study techniques or style that you were using previously.

Discover and Accept Your Learning style:

Make sure you give yourself time to discover what works for you and take the time to modify the technique to your learning goals.

- Be creative while studying. It's your home, your room; dance and study because in that way your brain will remember things quite quickly!
- If you are sick of lists, making mind maps to study is another way of making your study creative, colourful and fun.
- Highlighting the important point or heading is a very useful way of having a creative and colourful way to enliven your work.
- A nice way to start your study session is to read the topic that you have been highlighting and then transfer them into a mind map.

Take Regular Breaks:

- Taking regular breaks can really help you study better and is a way that some may find easier to retain facts.
- Using a timer is a very useful way of reminding yourself to take a break and you are not checking the time every so often.
- There are websites that offer simple timers and alarm clocks that can be set for a certain amount of time on your computer. This helps you to check your phone less.

Ask for Help:

- If you're having trouble with a certain topic or problem given to you in the lecture, make sure you contact that lecturer and ask for help.
- Or ask other classmates if they are having a similar problem.
- There are lots of very beneficial webpages on the CIT website for help with specific subjects like the Academic Learning Centre webpage: <http://alc.cit.ie>

Stay Motivated:

- Stay motivated with rewards at the end of each day whether this is a sweet treat, a run or a phone call. Working towards that reward can give you great motivation as well as get you into a routine.
- Keeping your phone away at study times will help motivation as well. This way you will not associate your study space with your phone, and you will have less temptation to go online if it is in another room.
- Music can also be a great motivator. Think back to a time you remember having a great study session and think what you were listening to back then. Music can help to motivate you and get you into a working mind set.

Take care of your Physical and Mental Health:

It is important to keep a realistic perspective on the situation based on facts in these times of uncertainty.

- Take regular exercise, eating well and rest in equal measure is very important.
- Make sure that you are switching off at the end of every day and removing yourself from your workplace is a big help.
- Sleep, Sleep, Sleep! It cannot be emphasised enough how important and how beneficial a good night's sleep can be for study. Giving yourself enough time after study to relax and wind down. This can be hugely helpful.

GOOD LUCK WITH YOUR STUDYING!

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