



Changing life stories

Top tips for studying from home

Studying from home is going to be new for a lot of us. It is going to be easy to get distracted and procrastinate, and without seeing teachers and classmates regularly you may feel isolated. We have put together some of our top tips for studying from home:

1. **Try and maintain regular and consistent hours.** Whilst it is very tempting to lie in bed when your alarm clock goes off, and often challenging to stop at the end of the day, try and create a structured environment that supports a work-life balance.
2. **Set rules for those that are also working in your space.** Our homes are busy and often loud, so it is very easy to get distracted by those around you. Make it clear when you are studying and when you are not to be distracted.
3. **Create a timetable and set goals.** Creating a timetable and setting daily goals will help you to organise your time and schedule breaks. Write your schedule and daily goals down so you have something to refer back to throughout the day.
4. **Take regular breaks.** It is important to give your mind a rest. Set regular timed breaks for yourself. It is important to use this time to get up and move around.
5. **Stay connected but not distracted.** We have all fallen down a social media hole and accidentally spent hours watching cat and dog videos, but try to avoid being distracted by your phone whilst studying.
6. **Speak with other people.** Studying from home can often feel lonely. Make sure you dedicate some time to socialise with those around you and stay connected.
7. **Get dressed for the day.** Whilst it is tempting to stay in your PJs all day, get up, get showered and get dressed. This will help you focus for the day.
8. **Exercise and get some fresh air.** Exercise is both good for your fitness and for your mind. Whilst you might not have your regular PE or sports clubs there are lots of exercises you can do from your home. Check out [Joe Wicks – The Body Coach](#) on YouTube, who will be holding daily morning PE classes.
9. **Read a book.** Escape the world for an hour or two and read a new book, or revisit an old favourite.

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