

10 Tips for studying from home

Get moving first thing in the morning



Start the day by warming up with something non-study related. Go for a walk, do some exercise or listen to a podcast. Your energy will set the tone for your day.

Create a study space that inspires you



Set up a study zone where you can focus and get away from distractions. Separate it from your relaxing space, even if it's just between your desk and your bed.

Prepare your friends and family



Let people know when you're studying and that you may not be contactable during this time. Create clear expectations from the start.



Make to- do lists

Having to do everything from home can feel overwhelming. Writing a list breaks tasks down into manageable chunks. At the start of each week, make a list of what you want to achieve.

Create a schedule



Each day block out your time and plan what you're going to do in each period: Reading, research, coding, writing an essay etc. Set time limits.

Stay healthy



Drink plenty of water and stock your fridge & freezer with healthy meals to avoid snacking.

Communicate

If you're stuck with something, ask for help. Keep in contact with other students and reach out to your lecturers and tutors with any questions.



Stay social



Self-isolation doesn't mean social isolation. Organise daily check-ins with friends & family and set up virtual hang-outs or coffee dates.



Call it a day

With no classes or lectures to break up the day you might end working for a long time unproductively or feeling like you haven't done enough. Set a time to finish studying and stick to it.



Look after yourself

These are stressful times, so take care of yourself. Take time to stretch your legs, limit screen time and make sure you're getting enough sleep.

For more resources
about staying well visit:

[auckland.ac.nz/
wellbeing](https://auckland.ac.nz/wellbeing)

