

How to be Successful While Learning From Home

Productivity and Efficacy

With current times being so unpredictable and school courses being learned from the comfort of our homes, motivation and organization can be lacking. Below are tips to help you maximize your productivity and focus, while learning from home.



FOLLOW A SCHEDULE

Outline your tasks for the day and create a schedule. Ensure to schedule in both class, study time, house work and breaks. Following a schedule allows you to work to your maximum efficiency, preventing you from getting tired and losing focus. Automatic time-tracking apps like Flora and Forest, are recommended for those who find themselves easily distracted by their phone, as they maximize your productivity during your scheduled work times.



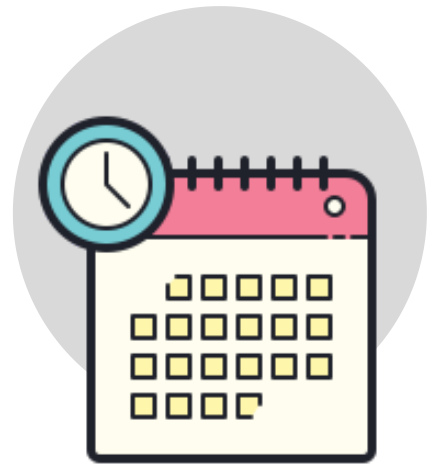
TAKE BREAKS

Take your breaks!! Taking breaks allows your brain to better process what you've just learned. Breaks allow your body/mind to regain and renew energy, ensuring better focus on returning to your task. When taking a break, change your scenery; even if it's just stepping outside for a minute.



CREATE A MORNING ROUTINE

Shower, get dressed, grab a cup of coffee/tea, have breakfast, do a workout, meditate - create a routine that starts your day positively and motivates you to stay determined and focused for the day. Simply showering and getting dressed, allows your mind to transition, encouraging a more focused mindset.



DEDICATED STUDY SPACE

Find a quiet, clean, organized, distraction-free space for maximum focus. Use this space **ONLY** for class/study time. Avoid working in places like your bedroom/living room, as these are normally associated with relaxing. Ask family members/roommates to respect your studying hours so you're not interrupted or distracted unnecessarily.

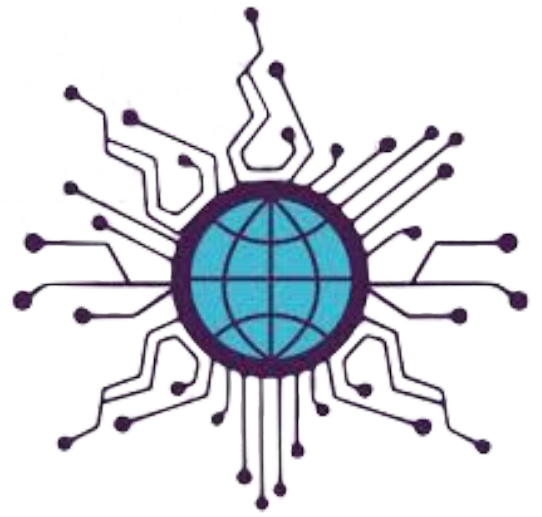


ASK FOR HELP

Know that you are never learning alone. If at any point you feel as though you are struggling or confused, don't hesitate to reach out. Your lecturers and members of Nursing Society are always on hand to help. Asking questions not only benefits your learning but your peers as well. Questions allow your professors to evaluate the effectiveness of their online teaching and make changes accordingly.

STAY CONNECTED

Reach out to your friends and classmates.
Communication is key to your learning.
Discussing topics and working together will
allow you to test your knowledge and solidify
your understanding.



PRACTICE POSITIVITY

Take time to do things that make you happy.
Speak positively to yourself. Reward yourself
when completing tasks and learning new
concepts.

**Having trouble focusing? Staying productive? Need motivation?
Contact any of the members of Nursing Society using the Contact
Sheet provided.**