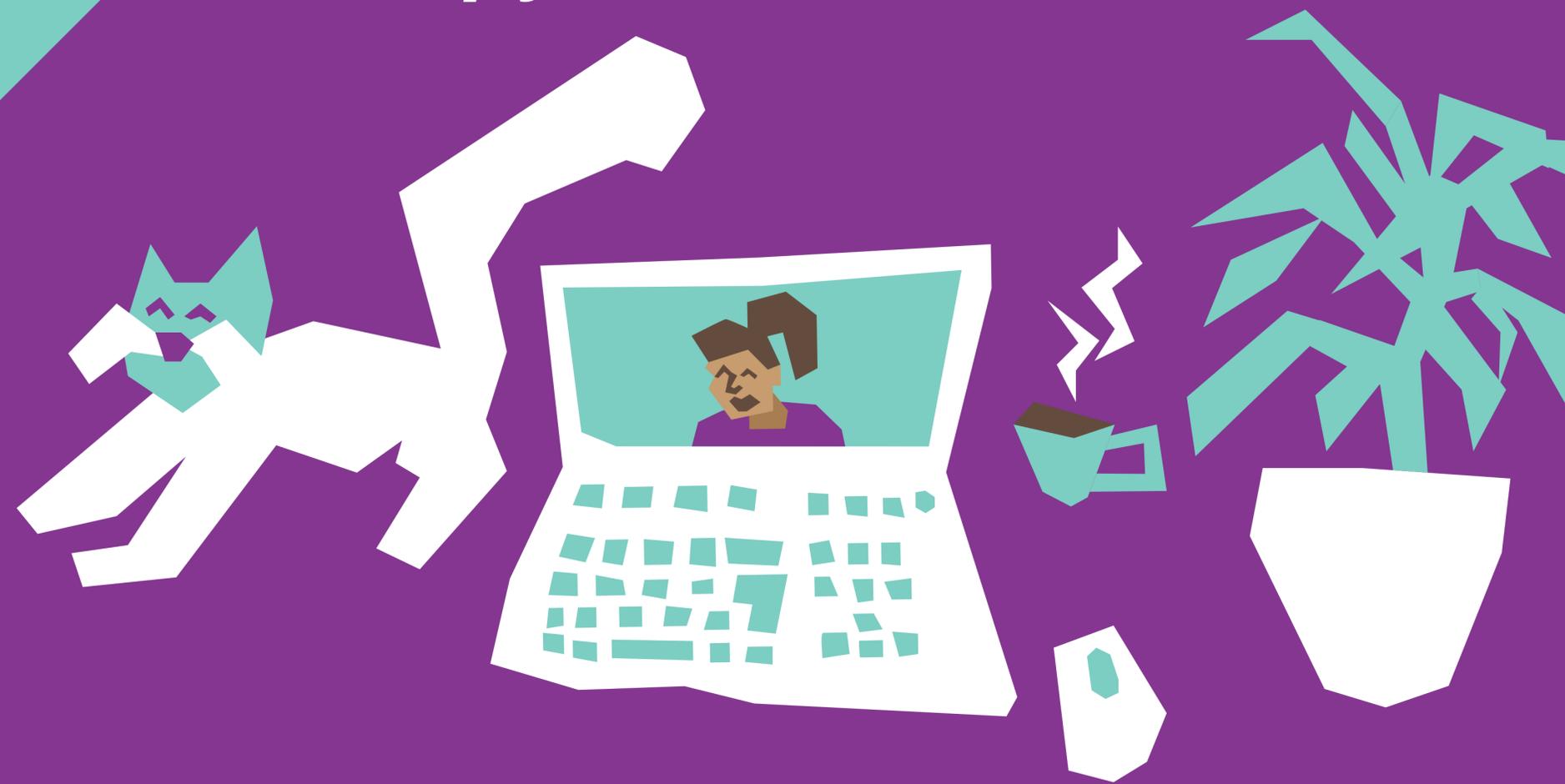


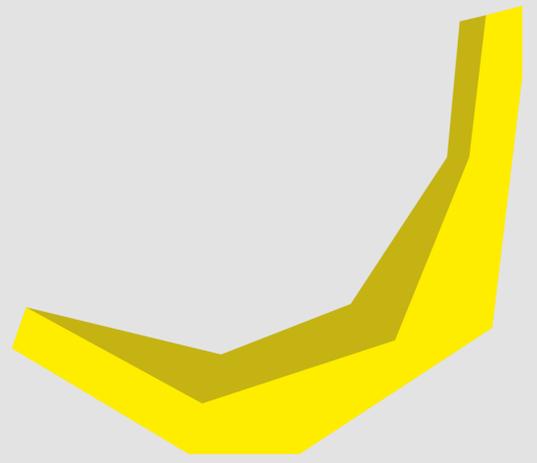
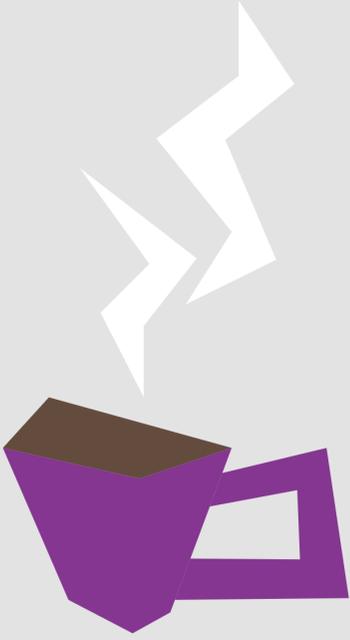
HOW TO

STUDY OFF CAMPUS

Distance studying can be a challenge. It is important that you find out what works for YOU, and we believe that you will manage this with great success! Hope this guide can help you!



**CHALMERS
STUDENTKÅR**



Keep your routines

Set your normal alarm and dress as you would for school

Don't stay in your pyjamas all day. This will decrease your efficiency and sense of routine.

Schedule breaks

It is good to have at least one break before noon, at lunch and during the afternoon.

Plan your day

Make a list (you can try e.g. [Trello](#)) of what you should do

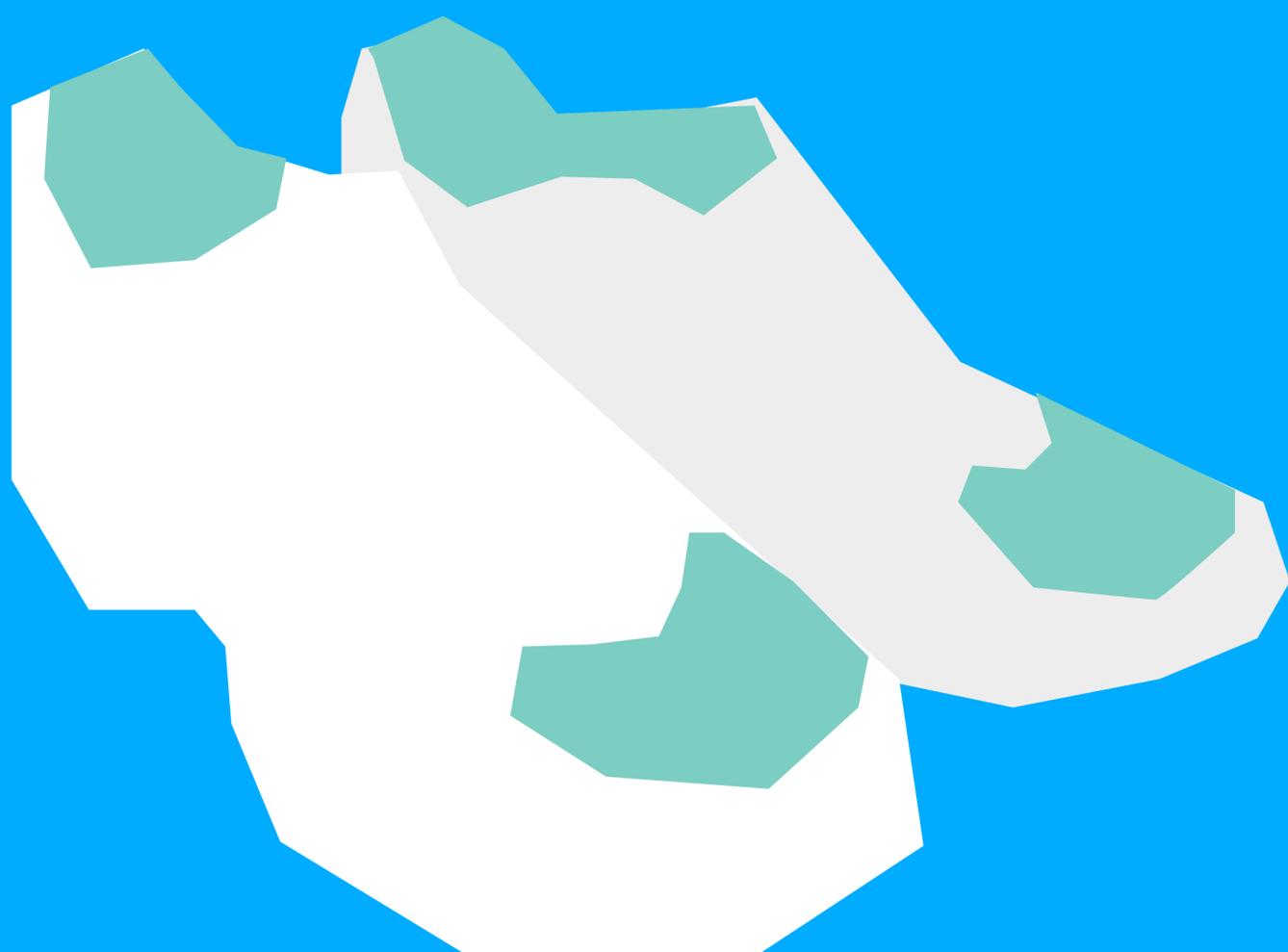
during the day before you can “leave school”. If you have a schedule, follow it as if you were in school as usual. You can also make **a schedule in your calendar**. Be realistic when doing this so that you feel that you have accomplished things by ticking everything off the list. Consider the pomodoro technique when you lose focus.

Stay fit

There are many scientific links between learning and exercise. When studying from home, you might not move your body as much as usual. Make sure that you get physically challenged! Just doing 10 push-ups during a break will keep the blood flowing and help reset your mind. There are plenty of free apps for short and efficient workouts as well.

Take a walk during lunch

You will cleanse
your mind and
move your legs
(and you won't get
a hurting butt).



Meal routines

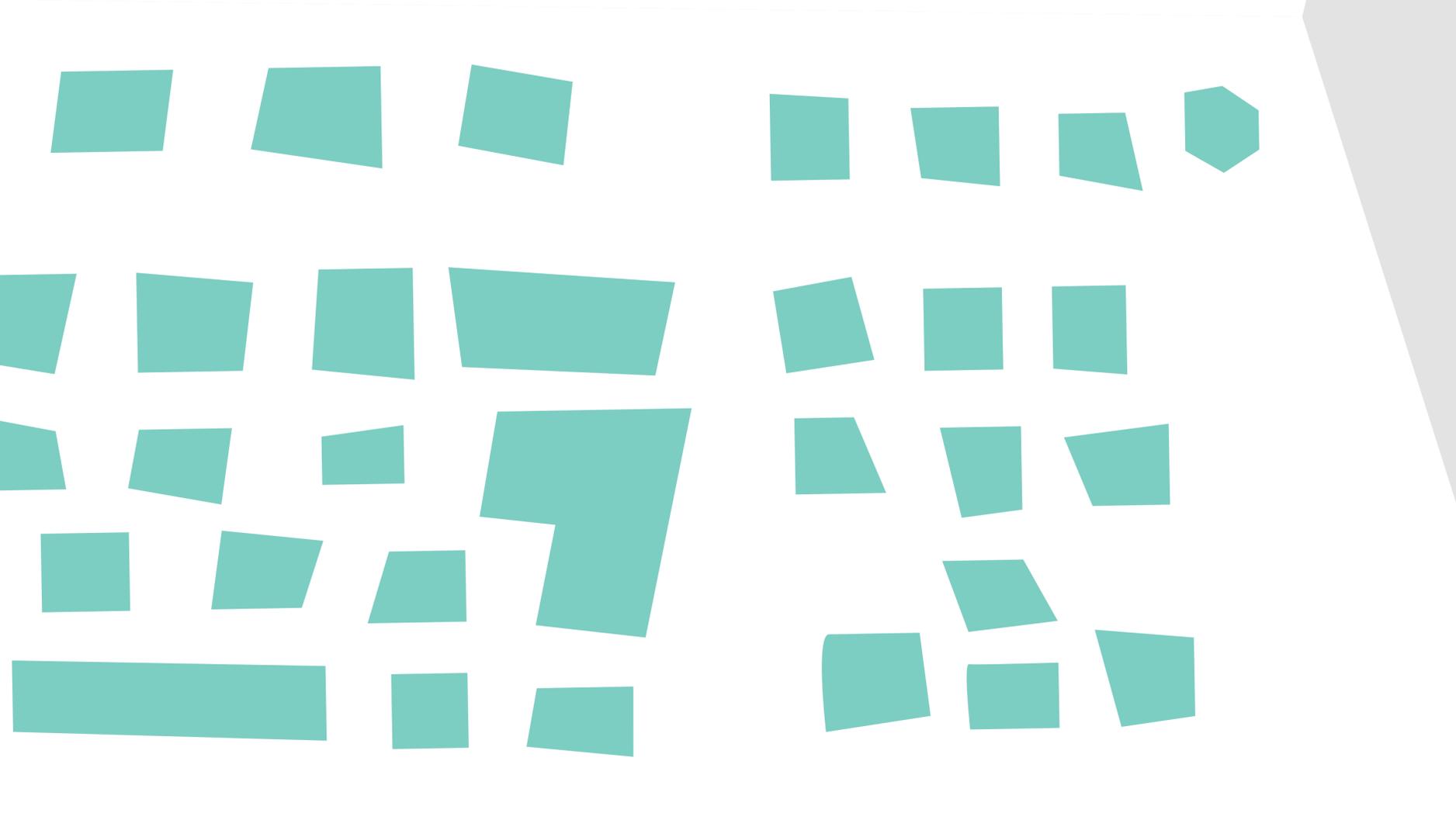
E.g. cook during the evening and reheat the food for lunch to make it efficient.

Treat yourself

Coffee, tea, juice, whatever keeps you going. But make sure a glass of water goes down too. Being dehydrated will make you sluggish. Sugar will not improve your blood sugar curve during studies, but your favorite fruit can be a nice treat at your next break.

Talk to someone

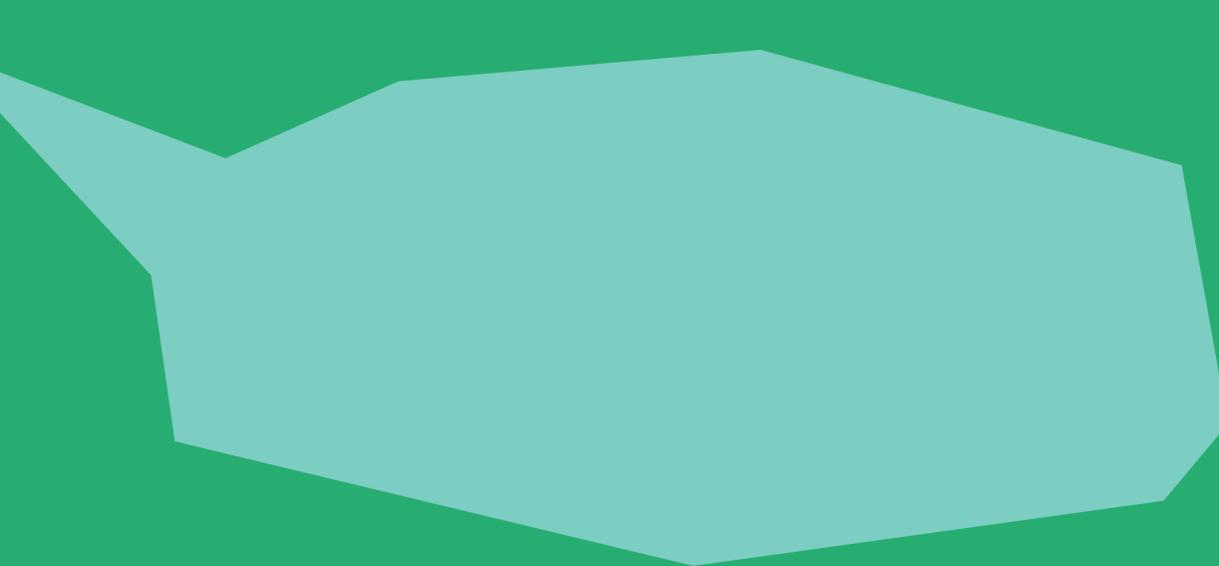
If you feel worried or have trouble with your studies, talk to your student counsellor.



Being social

Organise communication with your study buddies

Create a chat for you and your study buddies, to discuss the studies and keep in touch.



Schedule video sessions with your friends

It's important to keep social contacts to avoid feeling lonely or isolated. Cook, watch TV or game together.



Share memes

It's like having coffee together during the exam period!





Studies

Dedicate a study space

Don't ever study in bed or on the couch. Try to create a space free from distractions and with a good chair to sit on.

Turn off wifi

Yes. Wifi. You'll not drift off to Instagram or get notifications stealing your attention. Put on

wifi again during breaks or after school. If you must have wifi to sustain your studies, at least turn off notifications on social media and emails.

Keep your discipline

If you feel that your discipline is long gone, use the [*pomodoro technique*](#) and set a egg timer for 25 minutes and then take a 5 minute break. There are a lot of apps for this, but your cooking timer helps you keep your hands off the alluring phone.

Get yourself a study buddy

If you are both healthy, you can meet each other, or you can connect via skype, facetime, discord, google meet etc. and put your microphone on mute when you don't want the other person to hear you.

Put away your phone

Set an alarm on your phone for your breaks and put it away, with sound off, until the alarm sets off.



Change study place

If you are able, find a different study environment. If you feel sick in any way, stay at home! Ensure you have all the software that are required to follow the course.

Some software has been temporarily added to the [student application server](#).

Keep yourself updated

Follow your course on Canvas daily so that you won't miss out on updates or deadlines.

Find a great study technique

At the [student portal](#), you can get a lot of tips on how to improve your study technique.

**Want to know more
about remote work?**

**Trello has put
together a [guide](#).**

