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# STUDYING ONLINE SOME TIPS AND TRICKS

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# FIRST THINGS FIRST

Check your work posture (recommended Google search: ergonomics)

Organise your work space

Sit close to natural light

Ensure the room has good ventilation

Grab some water and healthy snacks



## TAKE CARE OF YOURSELF

- REMEMBER TO EAT, SLEEP AND EXERCISE ENOUGH (THIS IMPROVES YOUR MOOD AND MEMORY).
- DO YOUR MOST IMPORTANT WORK AT YOUR BEST TIME OF THE DAY.
- PACE YOURSELF: TAKE A SHORT BREAK EVERY 25 MINUTES.
- REVISIT YOUR LONG-TERM GOAL WITH OBTAINING THIS QUALIFICATION (YES, BUILD THE MOTIVATION).
- ASK FOR HELP BEFORE FRUSTRATION SINKS IN: WE GET BY WITH A LITTLE HELP FROM OUR FRIENDS...