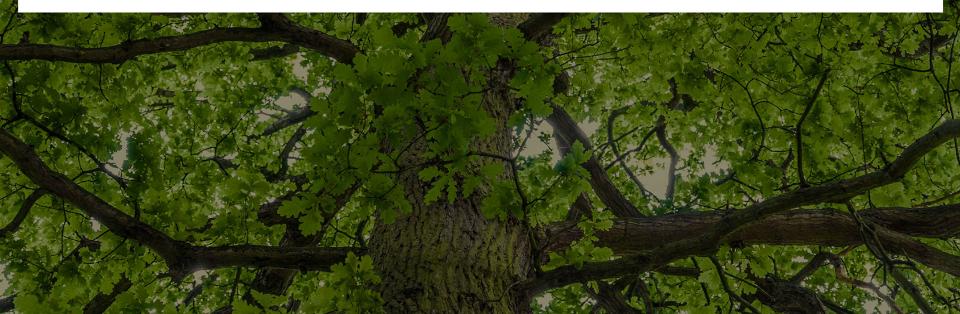


forward together · saam vorentoe · masiye phambili

## STUDYING ONLINE SOME TIPS AND TRICKS

## BY NATALIE SADIE, EDUCATIONAL PSYCHOLOGIST @ CSCD <u>STUDYSUCCESS@SUN.AC.ZA/</u>021 808 4707









## • [ TAKE CARE

**OFYOURSELF** 

- 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...