

Tips for studying at home



- Try to remind yourself that this isn't a vacation from school but rather a transition to online learning at home
- Set an alarm if you need help getting the day started
- Get up and get dressed so you feel ready for the day
- Set up a "base camp": a dedicated work space just for you
- Create a schedule for the day. Try to schedule studying at times when you feel most alert
- Communicate your schedule to the people you share space with so they know how to support you
- Set achievable goals for each day and celebrate small victories
- Take regular 10-minute study breaks as a reward for your hard work
- Eat healthy snacks to power your brain. A good night's sleep helps too
- Connect virtually with friends and peers for motivation and support
- Continue to use Mohawk College resources that are now online:
 - **Learning Support Centre:** lsc@mohawkcollege.ca
 - **Accessible Learning Services:** als@mohawkcollege.ca
 - **Counselling Services:** counselling@mohawkcollege.ca