

Studying at home

STUDY SKILLS

You live, you learn.....

<https://www.youtube.com/watch?v=mkh7OfD3bGM>

STUDY SKILLS

Good news/bad news

Bad things will happen. Fact. ☹️

Setbacks, failures, challenges, traumatic events and nasty little bugs. Black clouds that block out the light.



How we respond is key to our happiness and success.

Good news!!! 😊

Resilience in the face of huge difficulties is not a personality trait that you are born with. It is not something that some people have and others don't.

It's a skill that can be learned and developed.

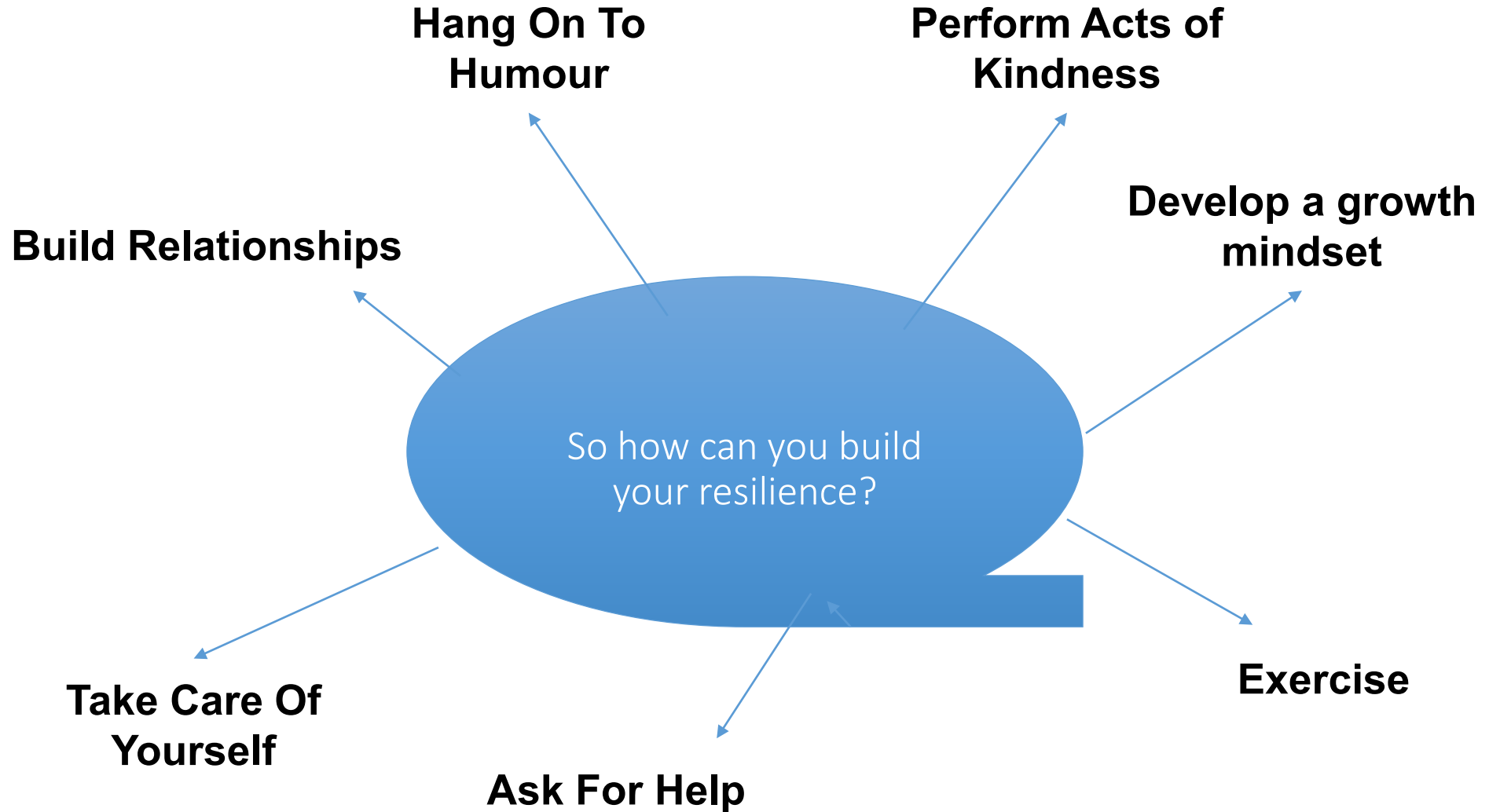


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Qualities and attitudes

- What are the qualities and attitudes that will help you to be resilient?
 - Calmness
 - Courage
 - Self belief
 - Persistence
 - Perseverance
 - Positivity
 - Having goals
 - Kindness





Build relationships - “Good relationships keep us happier and healthier”. Quality relationships help us to be more resilient in stressful situations. These relationships will nurture and support us when we need an emotional ‘leg-up’.

Ask for help –people often think they are being brave by working through things on their own. In reality it takes bravery to ask for help if you are struggling with something.

Exercise - [Exercise strengthens and reorganises the brain](#) to make it more resilient to stress. One of the ways it does this is by [increasing the neurochemicals](#) that can calm the brain in times of stress. Anything that gets you moving is great, but of course, if you can make it fun you are more likely to continue to exercise.

Growth mindset– If you reframe the way you see challenges what can feel like a negative situation can become a positive one. For example if you didn’t get the grade you hoped to achieve in a test try saying to yourself “This has been a learning experience and has shown me what I can work on to improve” rather than “I’ve failed”. Try to look at what you have gained from an experience rather than what you have lost.

Take care of yourself – a regular routine of healthy habits are the foundation of good mental and emotional resilience. When you sleep well, eat well and keep stress levels low, you'll be less fragile and less likely to fall into unhealthy patterns following a serious setback or tragedy. It is also important to take regular breaks (at appropriate times!!) Try to spend time outdoors

Hang on to Humour - Laughing in the face of adversity can be profoundly pain relieving, for both the body and mind. Laughing can reduce tension.

Be kind to others and to yourself.

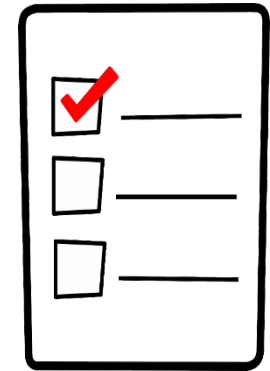
Become self aware

- What is your learning style?
 - **Visual** - You prefer using pictures, images, and spatial understanding
 - **Auditory** - You prefer using sound and music and listening to words
 - **Kinaesthetic** - You prefer using your body, hands and sense of touch
- What time of day are you most productive?
- Where do you prefer to study?
- Do you like silence or background noise?

- **Managing your time is an important life skill.**
 - We don't really manage time – we manage ourselves and our life events in relation to time.
- **Time is a limited resource – you can never obtain any more of it.**
 - Everyone has 24 hours in a day. Once it's gone, it's gone.
- **What benefits would good time management have for you?**
 - Meet deadlines for assignments
 - Time to revise for exams
 - Less stress and anxiety
 - More time to work and earn some cash
 - More time to socialise, exercise, chill, relax
 - More sleep!

Steps to Effective Time Management

- **Be Aware** of how you spend your time each day.
- **Set Priorities** so you know what's important to you and what isn't.
- **Establish Goals** for your personal and work life.
- **Make a schedule** – a to do list will tell you what you want to achieve, a schedule will tell you when you'll achieve it.
- **Take breaks** - Exercise is important! <https://gph.is/16aSmJd>



<https://www.youtube.com/watch?v=iZ6vX7fl0Yw>

STUDY SKILLS

Re cap

- Resilience can be developed
 - Become self awareness
 - Know your goals and priorities
 - Know your distractions
 - Use a planner
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- In short, get organised!

Good Luck!!!