



# Six Tips to Help You Learn from Home



1

## Develop a Routine

Treat the time where you're learning from home as if you were going to a physical training session. Start your day as you usually would - set an alarm to wake you up, eat some breakfast, and actually get dressed. Developing a routine provides structure, training your brain to know when it's time to get work done.

2

## Choose a Dedicated 'Office'

By choosing one particular room to work from, you're creating a physical and mental boundary between 'the office' and 'home'. Having a dedicated space to work and study in will allow you to separate work and relaxation, maximising your potential for productivity.

3

## Enforce a 'no phone' policy

This might seem a little strict, but there's a reason why workplaces and training providers request your phone remains out of sight; they're distracting! Whilst you're studying or working at home, put your phone out of sight to remove temptation. It's also a good idea to turn off notifications from messages and social media on your computer, and close any web pages that aren't relevant to the task in hand.

4

## Stay Active on a Schedule

Break up your day at set times. Every 45 minutes, get up from your desk and move around. Jump up and down, walk round the room, even walk up and down the stairs a few times. This will activate different parts of your brain and help you to concentrate better in the long run. You can also save your eyes and alleviate headaches from too much screen-time by sticking to the 20 / 20 / 20 rule; every twenty minutes, look twenty metres away from your screen, for twenty seconds.

5

## Eat, Sleep, Learn, Repeat!

They say you are what you eat - not literally - but choosing healthy snacks and preparing lunches that won't require an afternoon nap to recover from are two sure-fire ways to stay motivated when you're learning from home. Whilst some of us are night owls and others early birds, we all need 7-8 hours of quality sleep a night, to ensure we wake up feeling refreshed and ready to tackle the day. So keep scrolling in the evening to a minimum, and try building a regular bedtime into your routine.

6

## Plan Your Day

Trying to plan your workload, daily exercise, social schedule and everyday chores all at the same time is never going to make a positive impact on your learning. Instead, plan your day, setting time aside for everything you hope to achieve. This way you'll be able to focus on one thing at a time whether that's working, studying or relaxing.