



## LEARNING FROM HOME

### Tips:

1. Maintain routine: shower, get dressed, eat breakfast, go outside each day.
2. Create a study schedule: morning/afternoon/evening
3. Schedule virtual social time: schedule a group chat with classmates to compare notes, share ideas, get needed support.
4. Workspace: clear, functional, and use good posture.
5. Take a screen break! Give your eyes a break!
6. Exercise!!
7. Wind down before bed: unplug one hour prior to bed, do laundry, self-grooming, change bed sheets.
8. Make sleep a priority: turn off screens; get 7 to 8 hours of sleep; the brain consolidates learning while you sleep.

## PLANNING

Use a calendar, and or the attached Task Management list, to plan for what you need to do over the remainder of the semester.

## QUALITY NOT QUANTITY

- Short study periods are beneficial in terms of maintaining concentration.
- Short study chunks on a regular basis will compound your efforts rather than cramming.
- Studying for exams is like a marathon, not a sprint.

## SELF -DIRECTED LEARNING

More responsibility is on the shoulders of the students. You've got this!

## EXAM PRACTICE

Do as many practice exams and questions as you can.

## ONLINE RESOURCES

These resources are free and offer tools and advice on effective learning strategies.

- Learning Scientists: <https://www.learningscientists.org/blog/2020/3/19/digest-142>
- College Info Geek: <https://collegeinfo geek.com/learning/>
- Khan Academy: <https://www.khanacademy.org/>

Have questions? Our Learning Strategist is available to help!

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Student Services



St. Lawrence  
College

## TASK MANAGEMENT

Task	Date/Time: When will I do this?	Done!
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		