



10 TIPS FOR KEEPING UP WITH YOUR STUDIES DURING ISOLATION.

By Sarah Meaker

With exams just around the corner and classes suspended, now is a good time to make sure you are preparing for your exams in the most efficient way while in isolation. Read the tips below to keep your studies on track.



1. Get enough sleep

Don't be tempted to stay up all night binge-watching series while at home. Sleep builds memory so ensure you get plenty of sleep leading during this stressful time. Aim for at least seven to eight hours per night.

2. Organise your study space

While you are homebound, take the time to clean up clutter, organize your books and choose a place to study that is comfortable and free of distractions. Don't study in bed and put your cellphone away.

3. Organise study groups

Working in a group can be very effective. You will get ideas from each other and double check your knowledge with your classmates. Connect with your classmates that are also at home and set up WhatsApp groups.

4. Explain concepts to others

Take turns to explain difficult concepts to each other. If you can explain it, you probably know and understand it. Remember to keep your distance and to rather rely on digital means such as WhatsApp groups, skype or phone calls to keep in touch.

5. Revise completed assessments and work through past exam papers

Go through your completed assignments and focus on study areas where you need to consolidate learning areas. Past exam papers are an extremely valuable resource. Do as many as you can! Replicate exam conditions when you attempt the past papers and mark yourself strictly.

6. Take regular breaks & exercise

Take a break of 5 to 15 minutes at least every 90 minutes, depending on how long you've been studying for. A little exercise is better than none. You'll get extra oxygen to your brain and come back sharper and more energized.

7. Snack on healthy food

While stuck at home, you may be tempted to snack on more unhealthy food or eat more than you normally do. Remember that your body and mind both benefit from healthy food and can help in keeping illness away. Eat fresh fruit and vegetables as much as possible and avoid sugary food and drinks.

8. Plan your day

Even though you are home, stick as closely as possible to your studying schedule. Create a timetable that includes study times for different subjects and remember to add breaks into your schedule.

9. Take deep breaths

Twenty minutes of meditation in the morning helps with anxiety. There are many meditation apps available and many are offering free access during this time of crisis. Get the rest of the family that are also at home to join you. If you don't have the time, just take 5 minutes in the morning to focus on your breathing. This can also help you to focus before the exam, as breathing deeply increases the flow of oxygen to your brain.

10. Stay in contact with your educational institution

Many of the educational institutions will be communicating with students about next steps for supporting students at their specific institutions. Make sure to read the communication and to take note of new exam and class timetables.

Above all, remember to keep on track with your studies to ensure success once classes resume. The more consistently you study, the less anxiety and stress you are likely to feel.

Happy studying!

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