

# Top Tips for Flexible and Online Study

In July 2020, we asked over 50 Student Reps to reflect on their experiences of moving to online study due to the global pandemic.

These Top Tips have been informed by the feedback from Student Reps and aim to support you to study in a flexible and online environment.



## Engage in learning

Engage with core lecture content and online learning activities and turn up to your scheduled live interactive sessions. The more you get stuck into, the more motivation you will have towards your studies and achieving your best results. *“Keep your academic goals in sight to stay motivated!”*



## Ask questions

Be proactive and seek clarification on any questions you have about your learning. Your Lecturers and Academic Tutor are there to support your learning and may not know if there are any issues if you do not speak up and ask questions. *“Use the chat function to ask and answer as many questions as you want”*



## Maintain a routine

Make a timetable for your week and stick to it. In addition to your scheduled live interactive sessions, block out time for engaging with online learning materials and activities, wider reading, assessments, and group work. Keep your week structure as normal as possible and use the weekends to relax to ensure you have a good work/life balance.



## Keep connected

Communicate regularly with your lecturers and your course mates and engage with group work. Use the chat function in Teams and Collaborate to join the conversation and share your ideas. Create groups on social media with your peers to both discuss course related topics, and to connect on a social level.



## Look after your mental well-being

When you are feeling anxious or stressed it can be hard to maintain a positive outlook, so be kind to yourself, take regular breaks from studying and celebrate successes big and small throughout the day. If you feel low, take time to do something you know you enjoy.



## Get support

It can feel like there is so much to deal with when adapting to a major change, but there is always help at hand. The university has a dedicated range of [specialist support teams](#) who are here for you, whether you are on campus or studying remotely.



## Stay healthy

Take time away from your screens and plan in times to leave the house for a walk around your studies. Ensure you get enough sleep and maintain a healthy diet as this can affect your concentration and ability to engage with your learning.



## Make the most of online resources

Core course content will be available to download and access in your own time, enabling you to review it as many times as you like. *“If lectures are pre-recorded, take advantage of the ability to pause and reflect as you go along and look up anything you don't fully understand”*



## Find some space

Ensure your dedicated workspace is tidy and helps you to concentrate. Remove any distractions and keep your phone away whilst you are studying. If you are in a shared house and struggle focusing, you could try finding a quiet [study space on campus](#).



## Be positive

Building flexibility, resilience and self-motivation are all valuable life skills you will need throughout your education and when you leave university. Identify what drives you e.g. passion for your subject, a particular job role etc. and make the most of this opportunity to learn in a way that will enable you to [reach your goals](#).