

## Study Success Factors in Corona times

Taking good care of yourself & study motivation are two of a kind in Corona time as well!

Note a **performance score (PS)** on a scale of **0** (not at all/never) to **10** (always/maximum/totally), reflecting on the previous 3 months on each item.

And also point out what your **desired score (DS)** is, on a scale from **0** to **10**.

| PS |                                                                                                                                                                                                                                                                                                                                                      | DS |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
|    | 1. <b>Starting in time:</b> attending e-lectures/e-classes and studying.<br>So get out of bed, even whilst working at home!                                                                                                                                                                                                                          |    |
|    | 2. Distinguish your study (and working) space from your home/relaxation area:<br>Create a working space at home, were you only sit down to work; put aside all distractions (phone!).                                                                                                                                                                |    |
|    | 3. <b>Day Structure:</b> regular starting time, fixed study times and brakes. Creates habituation and plenty possibilities for relaxation (reward after focused working).                                                                                                                                                                            |    |
|    | 4. Split up study time into <b>equal blocks</b> of one hour study each and then a 10 to 15-minute break.                                                                                                                                                                                                                                             |    |
|    | 5. Weekly <b>detailed planning</b> . Note in this planning what you are planning on doing each hour and also report what you have actually done afterwards.<br>Share your plans in a e-group (3 to 4 students)                                                                                                                                       |    |
|    | 6. <b>Office days</b> are preferable as study days. On those days you will be studying during the day (lectures, workshops, self-studying). Evenings and weekend; you're free to enjoy and relax.                                                                                                                                                    |    |
|    | 7. <b>Active and phased studying</b> . The process of learning roles out best <b>step by step</b> : lecture preparation, following classes actively, making a mindmap/summary/overview, repeat, practice exams, think of critical questions, discussion about the topics. Preparation of lectures puts you in the right, pro-active Mindset!         |    |
|    | 8. A global planning for the block, trimester or semester. Focus in this planning on the <b>balance</b> between all aspects of your life (study, work, hobbies, sports, family, friends, relationship ...).                                                                                                                                          |    |
|    | 9. Regularly studying <b>together</b> : this works as an incentive to persevere, offers the possibility of co-operation and mutual assistance.<br>Create an e-group (3 to 4 students), start the day together (chat), close the working day together.                                                                                                |    |
|    | 10. Active involvement in the overall study area: <b>participation</b> in activities from your Faculty and study associations, screen journals and professional trends.<br>The stronger your professional image (being a lawyer, psychologist ...) the greater the need to invest in becoming a good one (and keep your study progress on the move). |    |
|    | 11. <b>Regular Physical Exercise</b> : a healthy mind in a healthy body; your mood, concentration & condition (physical & psychic) will be much better while being on the move.<br><b>Especially in Corona times; keep on the move !</b>                                                                                                             |    |

See next page for shirt tips

**Tips in short:**

- Plan what you need to do, divide your tasks into smaller steps
- Are you a morning or evening person? Do the things you need to concentrate on when you have the most energy. Work as much as possible at the same times and in the same timeframes.
- Provide a tidy workplace, sufficient light, a fresh space and little ambient noise
- Do the worst first - Make sure you do first what you hate most
- Sufficient sleep is essential for optimal concentration
- Set yourself a reward, then you'll hold on to your concentration longer
- Do one thing at a time. So, you don't lose track and you're productive.
- Prepare for the online lecture/attend the online lecture