TIP #1 BE KIND TO YOURSELF

- It is perfectly normal and OK to feel anxious, uncertain and unmotivated in this difficult time.
- Avoid the negative self-talk, give yourself permission to do something non uni-related like taking a walk outside.
- UQ has a range of online events, workshops and services aimed at making and maintaining connections and improving academic, life and wellbeing skills.

Further info:
Relaxation
Headspace (iOS and Android)
Online workouts

TIP #2 PLAN FOR SUCCESS

- Planning is important, particularly when learning online.
- Make a to-do list with achievable tasks and set your own deadlines.
- Break large tasks down to smaller tasks which you are able to complete in under an hour.
- Reward yourself when you finish a task.

Further info:
Familiarise yourself with key dates
Learning and Planning with Concept Mapping
Studying effectively for exams
Mindmeister

TIP #3 MANAGE DISTRACTIONS

- Distractions have been consistently shown to have a detrimental effect on learning.
- Turn your phone on silent or place it in another room.
- Temporarily turn off your access to social media with the help of an app – like Focus Lock (iOS and Android).
- Be aware of what distracts you and set boundaries.
- Listen to instrumental music to help you get in the zone, such as Spotify’s Focus collection.

Further info:
Student Life workshops
Time Management & Procrastination

TIP #4 AVOID STUDY AVOIDANCE

- Sometimes getting started can be difficult. Promising yourself that you will work for 10 minutes can be a good way to get over the initial barrier.
- Set a timer for perhaps 25 minutes and for that time stay on task.
- Have an ‘accountability buddy’ – someone to whom you commit to working on specific tasks and then check in with them afterwards.

Further info:
Pomodoro technique
Student Life workshops

TIP #5 MONITOR PROGRESS

- Monitor your progress and develop good strategies for learning over the longer term.
- Be open to trying new study strategies if you feel stuck, such as reaching out to peers or ask for help from your teachers.

Further info:
Tips for collaborating online
Collaborative tools

Remember, it is ok to feel challenged and confused. Research has repeatedly shown that difficult and challenging learning experiences are amongst the most impactful.

Focus on those things that you can control and remember to engage socially, which you can do through UQ’s social channels and make sure that you check out Blake’s study tip videos on Blackboard!