

Keep Calm, Stay Focused: TIPS TO STUDY AT

HOME DURING COVID-19 [TRAIN TO LEARN EFFECTIVELY: TIP SHEETS](#)

TIPS TO STUDY AT HOME DURING COVID-19

With the COVID-19 pandemic moving all classes online, and changing the nature of assignments and assessments, we have to change the way we study and prepare for final exams. So, let's keep calm and stay focused with these seven tips:

- Planning:** Your day doesn't need to follow the school timetable. Look at what you haven't completed in the curriculum and develop a plan to learn and review. Use tools such as the [ASC Seven-Day Planner](#), the [PASS Term Calendar](#), the [Toronto Metropolitan University Assignment Calculator](#), and the [TMU GPA Calculator](#).
- Quality, not quantity:** [Space out your studying sessions](#). Exams are a marathon, not a sprint! It is important to set up time to study everyday. i.e. Two (2) hours in the morning after breakfast, outside of any tasks that you will be asked to complete by family members or instructors.
- Self-directed learning:** Look at school closures as an extended study break rather than a complete holiday. Online classes may save you the trip to school, but there is more responsibility on your shoulders. Seek out support when you need it.
- Dedicated workspace:** Avoid disrupting your study flow by designating a quiet space where you can spread your notes, book, laptop, etc. for studying purposes.
- Use e-resources:** Check out various learning resources that can support your learning. i.e. [LinkedIn Learning](#) via my.ryerson, [YouTube](#), Quizlet, etc. Also, make sure to familiarize yourself with any tech or e-resources your Professor frequently uses.
- Regular contact:** Don't isolate yourself. Work virtually in pairs or small groups (via [Google Hangouts](#), Zoom, Skype) like you would have done before the "social distancing" movement.
- Exam practice:** Practice the format of your exam. Also, for quantitative subjects you will also need to do as many practice exercises. Think of it this way: You don't show up on the day of your driving test without ever having driven the car. So why would you do it for an exam? Practice makes perfect. Attend our T2L Workshop on Exam Preparation.

Reference

Adapted from: 'Keep calm, stay focus: Expert tips for State exam students studying at home'. The Irish Times. [irishtimes.com/news/education/keep-calm-stay-focused-expert-tips-for-state-exam-students-studying-at-home 1.420615](https://www.irishtimes.com/news/education/keep-calm-stay-focused-expert-tips-for-state-exam-students-studying-at-home-1.420615)