

HOW TO STUDY AT HOME



✓ GET UP AT THE SAME TIME EVERYDAY



✓ GET DRESSED



✓ WORK IN A DEDICATED STUDY SPACE IN YOUR HOME



✓ make a detailed *schedule* for your day

Aim for short, focussed

high - intensity
STUDY SESSIONS

take real breaks !!

✓ PACK YOUR LUNCH



MAKE TIME FOR MOVEMENT ✓

Wellness is the foundation for learning.

DISCONNECT

at the end of the day.

ENJOY SOME NO-SCREEN TIME



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