EFFECTIVE WAYS TO STUDY & ATTEND SCHOOL FROM HOME

1. **Check your email constantly.** Any classes or assignments will be announced via emails by your professor so be sure to check your inbox frequently.

2. **Make a timetable** for your scheduled online classes and seminars and set time slots for studying and assignments as well.

3. **Download any required applications** on your laptop. You will need a few applications for online classes such as Zoom and Microsoft Teams.

4. **Have a healthy sleeping schedule**. You will need a refreshing mind especially when you have to look at the laptop for a long period of time for classes and assignments.

5. **Have a designated study area**. Your study area should be somewhere quiet and away from any distractions so you can focus.

6. **Organise a study group**. It is always more fun to study with friends than studying alone. You can discuss any challenging questions or assignments together rather than solving them alone.

7. **Have a balanced diet**. A healthy diet keeps your body away from any illness and you do not get tired easily.

(Graduate School of Engineering and Science, D3)