

Supporting your study ability in learning remotely

Four elements to successful remote studying



Aalto-yliopisto
Aalto-universitetet
Aalto University

Student Services

August 2020



1. Joy and wellbeing

- Focus on things that are meaningful to you and bring you joy
- Take the time to exercise the way that suits you best – remember both, your body and mind
- Try to get enough sleep
- Eat healthy food
- Most of all - be kind to yourself

3. Teaching and learning

- Attend to remote study groups and tutoring online
- Remember that you can always reach out, ask for advice, feedback and guidance from your teacher, academic advisor and Learning services

2. Study habits and daily rhythm

- Create a daily study schedule with enough breaks
- Sometimes plans fail -try to accept it and try again
- Set small and clear goals that keep you motivated
- Focus on one thing at a time – be mindful and avoid interruptions. For example, try putting your phone in an airplane mode when you study
- Make your studying space as cozy as possible

4. Aalto Community

- Schedule video study groups with your peers
- Schedule online social time with your peers
- Set shared goals with your peers and set rewards for work completed
- In addition to being kind towards yourself, be kind and non-judgmental towards others

Where to find support?

Aalto website:

- [Starting Point of Wellbeing](#)
- [Study skills](#)
- [Covid-19, Information for students](#)

