

## **HOW TO STUDY EFFECTIVELY AT HOME**

### **• SET YOUR GOALS**

Everyone's definition of success and source of motivation are different. In order to achieve and maintain success, you must first define your purpose in a clear and realistic way.

### **• MAKE A PLAN TO USE YOUR TIME EFFICIENTLY**

When planning, you should decide on which lessons you will study, how much time you will take to rest, and also determine your sleep and nutrition routine. In order for the study plan to be realistic, you will need to include motivating activities such as sports, entertainment and recreation which you can devote time to and organize according to your learning style and rest intervals.

### **• REMOVE FACTORS THAT LIMIT YOUR EFFICIENCY**

In order to implement your study plan and maintain its continuity, knowing the factors that may hinder your working order (lying down, sleeping, social media, computer addiction, anxiety, anger, etc.) in advance and taking precautions against this will increase your efficiency during your study routine.

### **• CREATE A SUITABLE WORKING ENVIRONMENT**

Identifying the factors that can distract you such as the temperature, layout and light of the room you work in and taking precautions will increase your motivation and help you work more efficiently.

Although, being at home and sitting in your pajamas all day will also provide you with comfort, taking a hot shower and changing your clothes will motivate you before you start studying.

If you think you are concentrating better and studying more efficiently in the evenings, arrange your working hours accordingly.

### **• ATTEND YOUR ONLINE COURSES**

Contact your advisor in your department and learn about your courses in the online education system. It is important to continue attending your classes that will be carried out online according to the syllabus given to you.

\* It may also be useful to take a look at your responsibilities that must be done before the online course.

### **• TAKE NOTES**

While listening to your online lesson, take notes of what you have understood. The notes should be taken on the subject that the lecturer talks about and important ideas should be written down. Attention should be paid to ensure that the texts are neat, legible and understandable.

### **• BENEFIT FROM THE ACCESS SOURCES AND TECHNOLOGY OF THE UNIVERSITY LIBRARY**

Our university library has a wide range of electronic resources. You can use all these resources and online databases while working on your courses. You can get detailed information from the library website.

- **TAKE CARE OF YOUR HEALTH**

Eat healthy and drink plenty of water by planning your meal times. Aim to strengthen your immune system by increasing your fruit and vegetable intake and trying to stay away from packaged and processed products.

If you feel you are extremely nervous, take a short break. Try exercising at home, calming yourself using breathing exercises and relaxation techniques. Try to do activities that give you pleasure.

- **KEEP IN TOUCH WITH YOUR LOVED ONES**

It's time to take an advantage of technology! You can continue to communicate with your loved ones from home using the Internet and phones.

- **DO NOT HESITATE TO ASK FOR HELP IF NEEDED**

Do not hesitate to ask for help when you have a problem and you find it difficult to cope with it.