

## Tips for a good study rhythm in the time of Corona

We know that many students struggle with creating and maintaining a good study rhythm in a time where all normal everyday structure is put out of order.

When you do not have to show up for lectures, group work or for that sake football or fitness, it can be difficult to maintain the daily study routines. Perhaps you are awake a little longer at night and get working a little later in the morning. Perhaps you procrastinate just a little too much and your bad conscience starts gnawing at you.

It happens to a lot of us in these Corona days. Therefore, it is especially important that you are extra aware about getting a good daily rhythm going, so you can enjoy your free time with a good conscience after a good study day. At AAU Student Guidance we have collected some tips and links to tools that can help put focus on a good study rhythm.

**These tips can be found in your AAU Student app under “Feel Good”**

### 1) Get an overview

Get an overview on which tasks and assignments you need to accomplish in the different subjects in the coming week, e.g.:

- What are the assignments about? E.g. what syllabus do you need to be on top of and which texts do you have to write for the group project?
- Which deadlines do the different assignments have?
- If there is anything you are in doubt of or do not understand, be sure to ask professors, fellow students or someone from your project group for help.
- Make sure that you write everything down e.g. in a week planner (see tip 3)

### 2) Prioritize your tasks

When you have created an overview of your tasks by making a to-do list, the next step is to look at in which order you have to prioritise the tasks for the coming day and for the whole week. For each task on your to-do list, ask yourself the following:

- Can the task wait?
- Is the task important?
- Do I need help to solve it or can I delegate it to someone else?

Try prioritising your assignments, you can fill in the schedule “[Prioritising your time and tasks](#)”.

### 3) Manage your time – create a good structure in your everyday life

You probably already know what time of day you do your best work. It is not necessarily from 8 am to 4 pm. If 1 am to 9 am works better for you then do that. The most important is that you maintain some daily routines; getting out of bed, having breakfast, get studying, have lunch break, and back to studying so you can enjoy your free time with a good conscience.

Breaks along the way are important. It is the breaks and the short procrastinations (e.g. FaceTime with a fellow student or take a walk by yourself in the good weather) that help your brain reload for another round of studying. Set an alarm on your phone to make sure that you start studying again after your break.

To get some structure on when you work and when you have free time, it can help to plot all tasks, both study related and otherwise, in a weekly schedule.

Please feel free to [use this schedule](#).

In the beginning, it is important that you adjust the schedule as you go along. Especially if you the kind of person that is optimistic with your time. That way you will not get behind with your tasks from the get-go.

**You can find more study techniques on [www.studentguidance.aau.dk](http://www.studentguidance.aau.dk)**

If you have other challenges in your study life, you are always welcome to contact AAU Student Guidance between 12-noon and 2 pm every weekday on phone 9940 9440 or e-mail [studievejledning@aau.dk](mailto:studievejledning@aau.dk)