

Study at Home: Getting Started

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THE SECRET OF
GETTING AHEAD
IS GETTING STARTED

MARK TWAIN

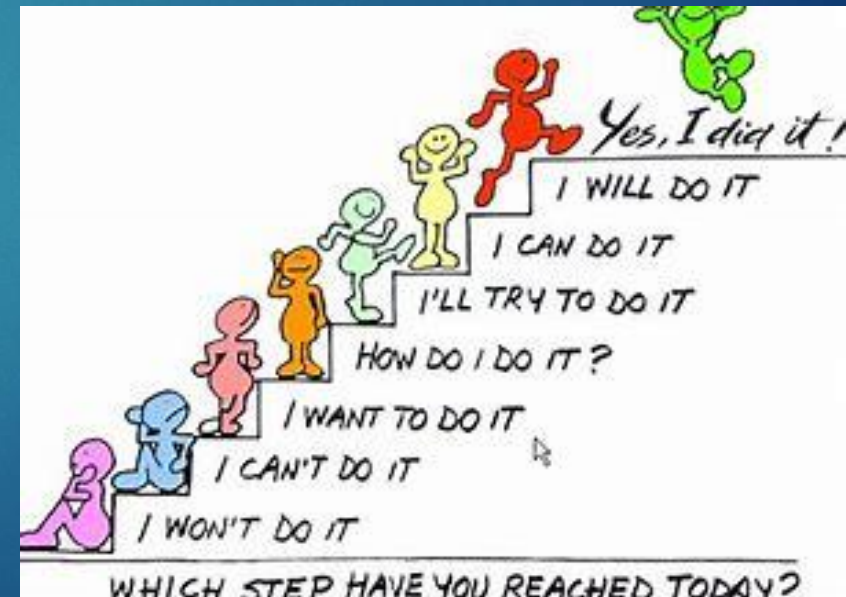
Introduction

- ▶ In the current (Covid-19) situation study and work is more difficult for many people. This is understandable as we try to adapt to the changes around us while taking care of ourselves and loved ones.
- ▶ So first and foremost I want to remind you to PLEASE.....



Getting Started

- Procrastination is commonly experienced by an estimated 75-90% of students.
- It is a habit and like changing any habits it takes
 - ▶ Time
 - ▶ Practice
 - ▶ Persistence and
 - ▶ Patience



One of the biggest challenges.....

- 1) Where to start ?
- 2) Getting started

This can result in feelings of confusion, overwhelm and disorganisation so be aware of the supports around you.



A familiar pattern for many....



What can you do?

Practical Steps to Getting Started

1) Set-up your Study Space

2) Manage distractions

3) Make a Plan



Set up your Study Space

- ▶ **Where** can you study? Chair and table, not your bed if possible
- ▶ A space where you won't be disturbed by family or housemates
- ▶ Good lighting and the right temperature



- ▶ **Further info on low distraction study space on UCC Disability Support Service and UCC Keep Learning websites**

What distracts you?

► At this time we have even more distractions than usual:

- Internal distractions (thoughts, emotions)



- External distractions (news, social media, family, housemates)



What are your distractions?:

News and social media:

- ▶ Can you silence phone and assign time to check at specific times in the day e.g. when you take breaks?
- ▶ Some apps to help reduce phone use and interruptions:
 - Forest Stay Focused,
 - Self-Control for MAC or Self Restraint for PC.



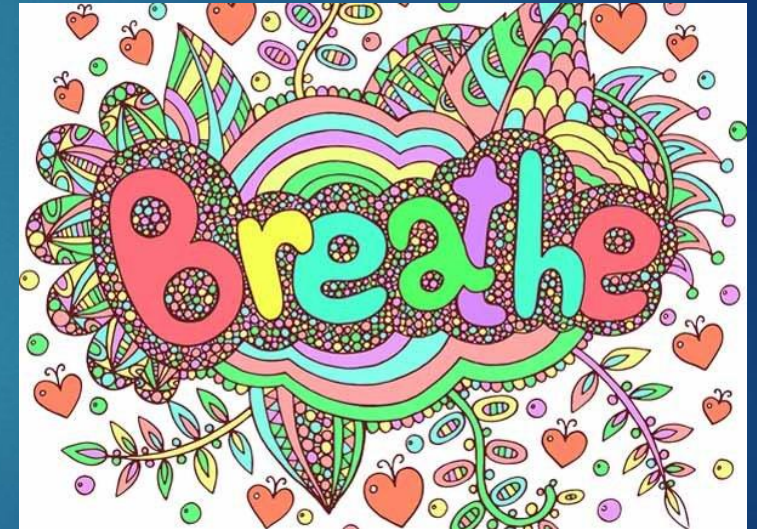
Noisy environment:

- ▶ Consider using noise cancelling headphones, ear plugs, background or white noise on Spotify or YouTube.

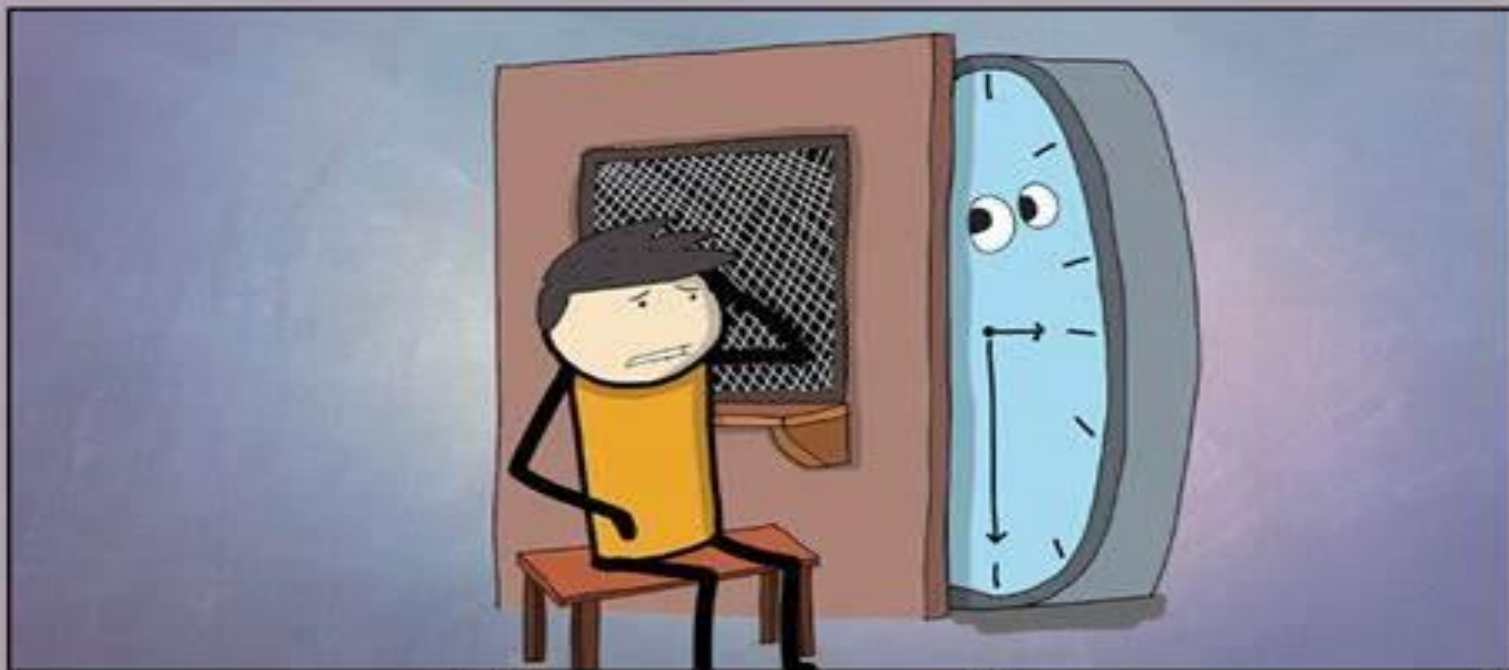
Internal Distractions

If distracted by thoughts, worries and emotions is there a self-care activity that you can plan when take a break from study?

- ▶ Mindfulness meditation
- ▶ Mindfulness Colouring
- ▶ Relaxing Music or Favourite Song
- ▶ Yoga by Adrien YouTube
- ▶ Short walk in nature.
- ▶ Self care resources on UCC website
<https://www.ucc.ie/en/studentcounselling/info/>



SIX STEPS FOR OVERCOMING PROCRASTINATION



1
**CONFESS TO
YOUR GUILTY
PLEASURE**



2
**IDENTIFY
YOUR
TRIGGERS**



3
**OUTLINE
WHAT YOU
WANT**



4
**GAIN
LEVERAGE**



5
**DEVELOP
AN ACTION
PLAN**



6
**TAKE
PURPOSEFUL
ACTION**

Making a Plan

1) Start by **making a list** of what you need to do

2) Identify the **Top 3 important priorities**.

3) Choose **1 task** to start (easiest first!)

4) Divide the task into **3-6 steps**

► **Keep it realistic and make sure you can complete the first step in 30 minutes or less.**



Tips and Tricks

- ▶ Tell yourself you are just going to start with 15 minutes and set a timer.
- ▶ Todoist app or 'Pomodoro' app also known as a 'tomato technique' - it recommends dividing time into 30 minute tasks followed by a break.
- ▶ Schedule an activity you like for later e.g. series, group watch a movie, food you enjoy, hobby, chat with friends



Connect with Supports

If you have questions or concerns please reach out to UCC supports:

- ▶ Your Academic Department
- ▶ Your Disability Support Advisor
- ▶ UCC Skills Centre
- ▶ UCC Student Counselling and Development
- ▶ Crisis Text Line - Text UCC to 086 1800280 24/7 to chat to volunteer

Resources and further information

- ▶ <https://www.psychologytoday.com/ie/blog/how-be-yourself/201808/5-ways-finally-stop-procrastinating>
- ▶ <https://www.verywellmind.com/tips-for-overcoming-procrastination-2795714>
- ▶ <https://www.lifehack.org/articles/featured/11-practical-ways-to-stop-procrastination.html>
- ▶ <https://www.lifehack.org/articles/productivity/types-procrastination-and-how-you-can-fix-them.html>
- ▶ <https://www.cci.health.wa.gov.au/~media/CCI/Mental%20Health%20Professionals/Procrastination/Procrastination%20-%20Information%20Sheets/Procrastination%20Information%20Sheet%20-%2002%20-%20Vicious%20Cycle%20of%20Procrastination.pdf>