

## Introduction

This presentation is about staying motivated while you are at home during lockdown. It offers you ideas and tips to make the best of your time without becoming resentful, angry and bored. More importantly it offers a strategy to keep motivated to work at your course and continue the path to success

## Learning Content

- Firstly, set goals for what you want to achieve.
- This may include studies and personal things. But do differentiate between what is urgent and what is important.
- To keep on track, make to do lists for daily and/or weekly goals
- Include home chores, staying in touch with friends and family, and chill time
- Do try to limit your WhatsApp, Facebook and series/gaming times. Set specific times and limits per day
- Keep abreast of national and international news and discuss current events with your family (try to not become too despondent about current issues)
- Talk to your parents and siblings: share jokes, play games and have a hearty laugh.

## Regarding your Studies

Reflect about how important they are to you and why you are at university.

- **Are you able to say: “I am at UJ so that I can do..... complete..... , and go on to do .....**”
- If you have no goal and are not able to verbalise your intent you are not serious enough about your studies and should reconsider your trajectory. If you have a clear intention and goal and see an end point, then swing into action and stay motivated.
- Make a clean well-organised corner space for you to work. Ensure there is enough light and ventilation. Keep it away from the television and family activity. Use earphones to cut out external noise.
- **Be productive:** open your study guide and class notes. Check them and update. Create a file per module. Organise your resources.
- Revise the tests from term one and do the **corrections**. Doing corrections will ensure that you never make the same mistake again.
- Think of the **areas /topics/sections that were challenging** and go through them all again until you achieve some sort **of mastery over them**.
- Go through **your notes and class slides, and redo the examples** that the lecturer did on the board or gave as examples. Keep doing them until you get them right.
- Download your study guides into a folder and refer to them to see what is expected of you and where the module is moving to next.

- Be informed about the outcomes and assessment criteria in preparation for your **self-study for the second quarter**.
- Set out the **due dates** on a calendar page to never miss a deadline.

### Additional Resources

- Set a time aside to exercise. Make it a joint family/sibling event
- If you don't like exercising put on your really upbeat music and dance to it. Dance like nobody's watching. Be free and be you!
- A skipping rope is a cheap easy alternative to exercise.
- Do make your bed, groom yourself and comb your hair daily.
- Take care of your **sleep, diet and lifestyle**.
- It is a good time while you are home to **rethink addictions** to alcohol, cigarettes or drugs and try to overcome them.
- Remember the **SMART rules** for setting goals and continue working to achieve your goals. Do some introspection but **remain optimistic** and positive about life after Covid-19, your studies and your future.

### References

[www.lifehack.org](http://www.lifehack.org)

Community @the mighty.com