

Studying at Home Guidance for Students

Continuing with your studies in preparation for your next steps and progress towards **your chosen career should remain a personal focus**. In order to make these next steps manageable and realistic, we need to **support the continued development of your skills, knowledge and behaviour through to the end of the academic year**.

In order to achieve this, we need to work together and harness the technology available. This will be different, but we aim to support you through planned activities **in an engaging and interesting way** and to support you in maintaining contact with your peer group and friends. **Studying at home for long periods may be very new to you**. The following simple steps can help you make the most of your studies and stay healthy while you are studying from home.

Organising your studies

- Check your CANVAS sites and emails regularly (**at least daily**) for details of arrangements and learning materials for your studies.
- Use CANVAS discussion boards and other group social media to discuss what you are covering, share ideas and work with others on your course.
- Follow your timetable as much as possible unless instructed otherwise by your tutor.
- **Set yourself a study timetable.** Organise your own personal studies around your normal

Organising yourself

- If possible, try and set yourself up with a proper workspace (E.g. a table or desk that you can work from).
- **Take regular breaks** (both for your eyes away from the screen and to stretch your legs and move around).
- Keep hydrated, have a drink of water etc.
- If you are struggling with working offsite, please contact someone so that they can help you.

The Core: 01995 642348 / 642252 safeguarding@myerscough.ac.uk (not 24 hours)

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Problems with IT or accessing Canvas/email/Skype: servicedesk@myerscough.ac.uk

College main reception: reception@myerscough.ac.uk 01995 642222

Please do not hesitate to contact your lecturers if you have any concerns regarding your studies.