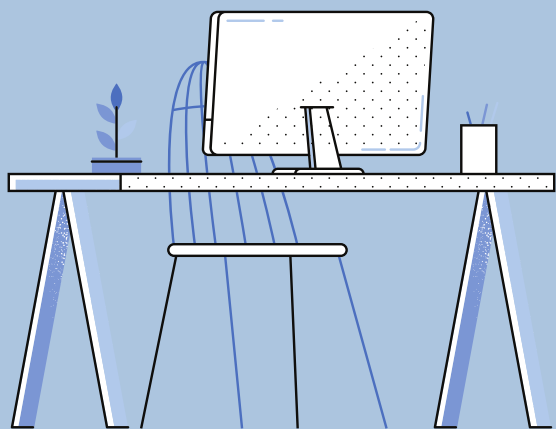
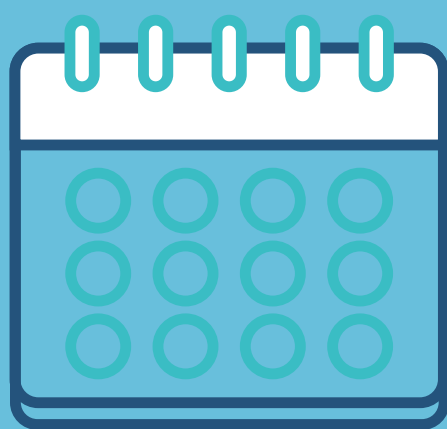


# TIPS FOR STUDYING AT HOME

## MAMEC STUDY GUIDE

### SET A STUDY SCHEDULE

Block out a time of the day that you will dedicate to studying. This way you will be in the mindset to study and allow you time to relax and separate from uni stress. Check out MAMEC's Timetable Template to create your own schedule!

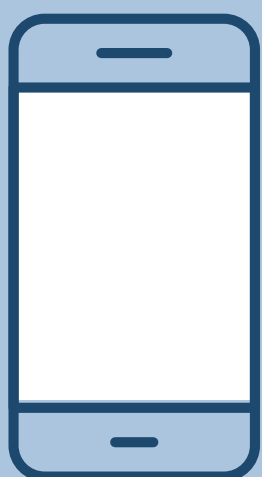


### SET UP YOUR DESK TO GET RID OF DISTRACTIONS

Choose a place to study that is in a quiet, well lit place away from distractions, such as the TV and housemates.

### CONNECT WITH OTHERS

Try to find others in your units or degree and share study tips and ideas for down-time. Join the MAMEC discord for both socialising and finding a study buddy in Mech and Aero!!



### USE PRODUCTIVITY APPS

Use apps like 'Forest' and 'Pomodoro Timer' to time block and stop yourself from getting distracted. These can be a powerful tool alongside using a timetable in keeping to your schedule.