

WORKING AND STUDYING FROM HOME

1 Schools and colleges are closed, exams cancelled, what now?

It can be really difficult working towards something really important like your exams or end of year projects, to have them cancelled due to a global pandemic. It's also pretty hard to get your head around! It's important to remember that you are not alone in this and the whole world is sharing this experience. Students around the world are sharing their experiences of studying from home, and you could share yours too to keep others motivated. You can see their experiences via [Voices of Youth](#)

More locally one of our partners, the University of Portsmouth, has created a blog post to help you get back on track and motivated to keep studying from home. [What now?](#)

2 Study from home tips

There is lots of support out there to help with getting a routine and schedule set up for working from home. What about studying from home? The Guardian has interviewed a university student to get their top tips for studying from home and keeping motivated during this time.

[Tips on studying from home](#)

[Top tips from home schooled students](#)

For some students, home education is a normal occurrence as they may have been learning at home for a number of years. BBC Young Reporter asked a few students to give some advice for working at home, and tips to help aid your productivity.

3 Managing social media

Social media is everywhere and is a great tool to stay connected to friends, see what your favourite celebrities had for lunch or to watch people (and their parents) attempt Tik Tok dances! However, sometimes social media can be a major distraction, especially when it comes to working. It's really important to find a balance that works for you – maybe reward some hard, sustained work with a 15 minute social media break? If you keep getting new notifications, maybe you could switch your phone onto aeroplane mode during your working times? You could even suggest a video call with friends where you all work together, so you get to socialise whilst all ensuring you are working at the same time!

Maintaining concentration is tricky, especially if lots of people in the house are trying ways that work for them to concentrate. If you have some spare time, watch this great TED Talk by computational neuroscientist Mehdi Ordikhani-Seyedlar to see [what happens to your brain when you pay attention](#) – it's fascinating!

4 “I'm not working like that, should I be worried?”

Speaking of social media, it is often a great place to share what you and your family are doing when working from home. However it's really important to not compare yourself to others when it comes to working. You need to find what works for you!

You might find working early mornings easier than working late at night. You might find it better to work for hours at a time, or you may find it easier to do smaller chunks of work more frequently throughout the day. Whatever you feel works for you, is the right choice for you.

Stressing out about trying to prove how much you are working or overworking will obviously have a negative effect on you; whether consciously or subconsciously. Elizabeth Cox has helped to create [this short animation](#) about what happens to your memory when you stress.

Did you know ...?

There are lots of applications to help manage your social media use and promote mindfulness.

Moment - This app tracks your social media usage and reminds you when you've had enough (based on the limits you have set). This could be a great way in to managing your time, allowing you to slowly reduce your screen time as the weeks progress.

Forest - Forest is a very similar application to the one above, but this one gives you a seed, which will blossom into a tree. However, if you leave the application to check on your social media, your tree will begin to die. If you want the tree to grow, and for you to feel accomplished, this is a great way to manage your social media use.

Calm - Calm is an Apple award winner in 2018 and is an application that hosts guided meditations, sleep stories, breathing programs, stretching exercises and relaxing music.

5 Distance Learning

Maybe you have found that you really enjoy working from home, and it might be something to consider for the future. Did you know that many universities or training providers provide distance learning as an option for your future study? This is where you study towards a qualification, but you learn from within your home at a time that suits you. Your course materials, presentations, essays and live lectures will be on an online portal and you will still have the same support that you would have at an institution, but this support is online.

Want to know more about [distance learning?](#)

6 Do you have an entrepreneurial streak?

Staying at home can give your mind the creative time to think of new ideas, or questions and problems you may want to solve! If you have ideas or want to start exploring some of the solutions to the questions you have, why not look into some entrepreneurial webinars. These can also help with business studies, careers and IT!

Stay Home, Keep Growing is a joint venture created by entrepreneurial organisations that help young people discover their ideas and help to make them grow!

[Stay Home, Keep Growing free webinars](#)