

25 TIPS HOW TO STUDY FROM HOME



Lanterna
education



1. Building Study Stamina

Think of it like exercise. It's really difficult at first, and you find it quite tiring, boring and unenjoyable. But the more you train, the more you practice, the better you become. With this, you feel more positive about the prospect of exercising. You are able to exercise for longer at a time, and more regularly. Exactly the same concept applies for studying. There is no quick fix solution to make you a super proficient, productive worker, in the same way that you can't become an endurance athlete overnight. But getting into good study habits and strong routines will allow you to progressively build your study stamina.



2. Procrastination

Probably the most familiar past-time of an IB student. It's brought on by boredom, impatience, and a feeling that the end is way off. In these situations it can be really difficult to see the light at the end of the tunnel and concentrate on your work. A large part of getting into a strong study routine is shaking off the old habit of perpetual procrastination.





3. Keep a Schedule

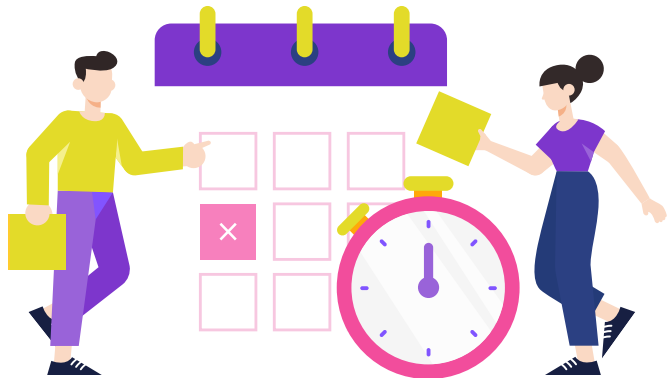
It's so easy to get out of rhythm when we stay at home for prolonged periods. The lure of our beds, laptops, fridge and even pets can be hard forces to fight against. Collectively, they make it really tricky to get going. Our advice is to try and pretend that your day at home works the same day as one at school. Wake up at the same time, get ready and get dressed. If you have a commute into school, use that time to exercise or meditate. You can even chunk out your day in the same way as you have with your timetable – e.g. from 9 to 10 Chemistry revision. Make sure to also factor in some time for lunch. These ideas when used together are proven to make us focus on the tasks at hand more effectively. Much in the same way as how you dress for your exams, simple changes in our environment and the way we behave has a massive impact on our study psychology. Make sure you utilise this when you study from home!

4. Set Goals

It can be super hard to stay motivated when we haven't got teachers barking at us to get our work done.

That's why it's so

important that we set ourselves achievable goals each day. The grey area we lie in when we don't have a plan is the perfect space for our procrastination habits to grow. Let's create a black and white: a work and a play. If every morning you set yourselves targets – for instance, review three chapters of Biology, do one Maths past paper, finish Spanish flashcards and fill gaps for Microeconomics – you can hold yourself accountable. This makes it so much easier to stay motivated because you've seen all the work you've done and recognise what you have left. Free apps like Wunderlist, Todoist and Evernote make this process even easier!





5. Test yourself

Understanding does not equal knowing. Many students think that if they understand something they then know that thing. However if you can't reproduce knowledge on demand you don't know that information. So how can you tell if you truly know something? Test yourself all the time! Get your friends to test you, test yourself with Quizlet, do past exams...test test test! When you test yourself you find out what you truly know and then you're able to learn what you don't know in time.



6. Work with Friends

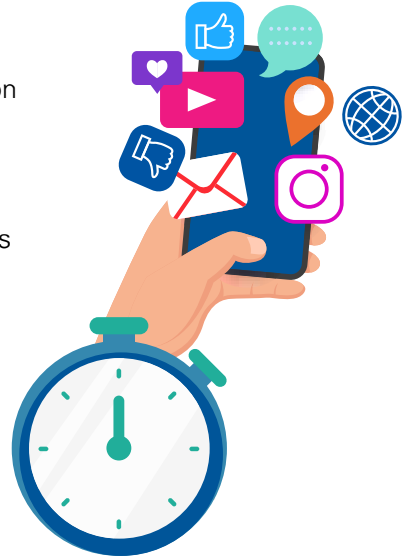
It might prove quite lonesome having to study from home for extended periods of time. That's why it's a great idea to lean on your schoolmates. Technology means that we are more connected than ever. Why not work together on a Google Doc, or share screens whilst going through a past paper? Hop on Skype, FaceTime or some other video call software and catch-up over some work. A problem shared is a problem halved!





7. Set Restrictions

Are you someone who manages to spend hours on Snapchat or Instagram before starting any of your homework? Or perhaps you're slightly addicted to the games on your phone? If so, why not limit yourself to 1 hour (or even less!) of these activities a day. Do this in the 'App Limits' option through Screen Time. You can even customise different days, so treat yourself to a few more hours of Social Media at the weekend! Your phone will notify you when you only have 5 minutes left for the day, before logging out of all Social Media/ gaming apps.



8. Remove distractions

Distractions create nuisances when you are trying to study. The best way to deal with them is to avoid them as much as possible. Try downloading some study apps to stop them from distracting you. Also, don't underestimate the power of a good study space. Pick somewhere that's tidy, has natural light, is not too noisy or busy. Then, close the door and put on some quiet relaxing background music to create the ideal environment.





9. Work in short sharp bursts

Whatever you do, don't set yourself impossible targets of working for hours on end. Try the Pomodoro technique – work in short sharp bursts of 25 minutes with a 5 minute break in between each block. This way, you will work far more efficiently and get things done much faster. It'll also prevent you from getting bored and distracted.



10. Treat yo self

Give yourself regular rewards for reaching targets you've set. Say, for example, if you successfully complete a task or a piece of homework within an allotted time, you can take your dog for a walk or bake a cake!

Stick candies in your book!





11. Think positive

Keep your head up. Focus on the things you DO know rather than the things you DON'T. Make yourself checklists to tick off topics and tasks as you go. This will make you feel more accomplished, proud and more likely to feel incentivised to carry on.

12. Don't multi-task

Despite what people may say, multi-tasking is not, and we repeat not, effective. Take your tasks one at a time and don't start on the next until that is done. Remember to prioritise your tasks too!

13. Turn Off Notifications

This option is for those of you who are instantly distracted whenever a new notification pops up on your screen – something the Lanterna team are sometimes guilty of! Within 'Settings', head to the 'Notifications' section. Here you can go through each one of your apps, and simply turn off 'Allow Notifications' for the ones you are most preoccupied by. Another simple solution to stopping you being constantly disturbed!



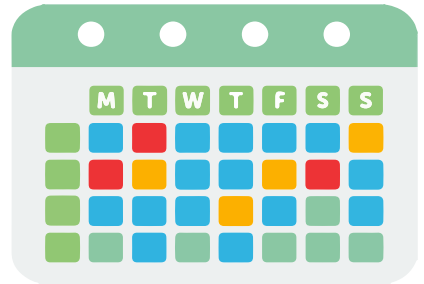
So maybe the Apple Screen Time programme isn't so bad after all. Use its options like App Limits and Downtime to your advantage.



14. GetRevising

Staying disciplined whilst self-studying can be super tricky. The allure of the news, social media and Netflix amongst a multitude of other distractions is hard to pull yourself from. That's why we think creating a timetable for your work is crucial. The problem, however, is a lot of IB students even procrastinate by making timetables! That's why we are so pleased to have found the website **GetRevising!** Plug in your subjects, commitments and even your exams and after thirty seconds you'll have a beautiful timetable to adapt and work from making this one of our essential resources for self-study.

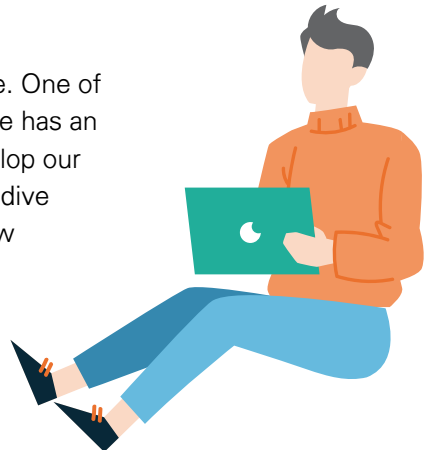
GetRevising
learn together



15. Khan Academy

We all have that subject that we feel like won't go well. No matter how much we stare at the past paper or ask our teachers, it just doesn't click. That's why we think using creative online resources are so valuable. One of our favourites is **Khan Academy!** This website has an unbelievable library of content to help us develop our understanding of tricky IB topics. Take a deep dive into some trigonometry or really figure out how respiration works. It's all free and it's fun!

 **Khan Academy**





16. Wunderlist

Staying focused can be a tall order when we work from home. It is for this reason that we recommended grabbing some sort of task-manager. One of our favourites is **Wunderlist**. Using the app, you can break down those tasks that you have now popped into your schedule. We all know it's tremendously tricky to stay guided when we simply have '1 hour of Biology' in our plan. That's why breaking down that time into smaller chunks is so useful – it helps us feel motivated and provides us with a focus.



Wunderlist

17. Lanterna Online Private Tutoring

If you're struggling without structure and are looking for expert assistance, by all means take a look at our **online private tutoring service!** Grab a 40+ scoring recent IB graduate to cover any topic or task from the comfort of your own home. Our team are experts in the IB diploma – in fact, the most common score of our tutors is 45...





APPY STUDYING!

18. Be Focused

Again, if you're looking for a study app to help you stay on task then Be Focused is brilliant. This app follows the Pomodoro Technique, whereby work is broken down into intervals (typically 25 minutes in length), separated by short breaks. Be Focused helps you get things done by breaking up individual tasks into more manageable chunks, separated by regular breaks. You specify how much time you want to alternate between focus and breaks, which proves to be effective for retaining motivation and productivity. Be Focused also allows you to record how much time you're engaging in certain activities, so you can keep a close eye on your study pattern!



19. Forest



Plant a virtual seed as you sit down to study, and behold as the seed flourishes into a beautiful tree! However, give into temptation and click off the app even for a second, and your tree dies. Every tree you successfully grow is planted in your forest, each representing a period of productivity and focus. What's more, Forest partners with a real-life tree planting organisation, meaning each virtual tree you grow results in a real one! This way you can study happy with the knowledge that you're making a positive impact on both your grades and the environment!



20. XMind

If you're searching for a study app to help you collate and organise ideas, then look no further! XMind is a mind mapping tool, which means that you can effectively brainstorm ideas when you're on the go. Perfect if you need to get all your ideas down in one place, and create an intelligent, clear mind map. This app is a great one for those of you trying to brainstorm ideas for forthcoming Internal Assessments, or that TOK essay!



21. Quizlet



If Be Focused or Forest have helped you stay on task, the next challenge is learning all your knowledge. This is where the free app Quizlet comes in, helping you study on the go! With Quizlet, you can create your own sets of online flashcards. Alternatively, you can choose from tons of flashcard sets created by other students. Quizlet generates multiple games and activities using your flashcards, to help you learn the facts!

22. Strict Workflow

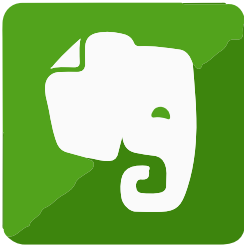
Chronic procrastinators, listen up! Strict Workflow enables you to structure your study using a strategy called the Pomodoro Technique. The app promotes short, sharp 25 minute bursts of productivity followed by 5-minute breaks. Here's the deal. You give your work your full attention for the 25 minute period. That means no phone, no YouTube, no staring aimlessly at your ceiling fan. A countdown timer appears in the toolbar to help you keep track of the time, and lets you know when it's time to break.





23. Memrise

Learn anywhere, anytime with this fantastic flashcard app. Put your learning to the test by making your own flashcards or using one of the millions of sets already available. Memrise focuses on, but is not limited to, language acquisition; perfect for spicing up your Language B revision! Track your progress and compete against friends.



24. Evernote

After searching tirelessly for a good note-taking app, We are so excited to share Evernote with you. As we become proficient on our laptops and tablets, many students are veering away from hand written notes in favour of typing them. Evernote is a platform for effective note-taking, allowing you to have all of your notes in one clearly organised place. What's more, everything you write is backed up online as you go. This means no more last-minute panics when your computer decides to crash the night before your essay deadline.

25. Self Control

Ever found yourself sat at your desk perusing through your cousin's friend's girlfriend's holiday snaps from 2008? If you're shaking your head right now, don't lie. Self Control allows you to block distracting websites whilst you work, preventing your inner procrastinator from taking a BuzzFeed quiz to find out what piece of obscure furniture you are. Turn your computer on and off again, uninstall the app, whatever you do, Self Control ensures you can't access those sites.



Online Tutoring

Receive one-on-one support from the comfort of your own home. Support whenever and wherever you need!



FOR MORE SUPPORT

head to
lanternaeducation.com

Revision Courses

A helping hand when it matters the most to boost your grades! Held strategically during the Winter and Easter break before you final exam, our courses help ensure you reach you full potential!

Summer Courses

Whenever you are about to start your first or final year of the IB, use the summer to get ahead and on top of your IB subjects!



Questions? Email us at info@lanternaeducation.com