



campaigns

# Study Well

Supporting your health,  
wellbeing and revision

Hey there! Welcome to our 2020 Study Well Guide.

Every year, we run a series of events and support sessions to prepare you for assessments and help you relax. This year, we can't be there for you physically, but Study Well is still here to support you remotely! We know things are not easy at the moment and it is a bit of a struggle to keep motivated and productive sometimes. We hope this guide will help you through your assessments and give you some useful and motivational tips!

Inside you will find easy recipes, wellbeing and revision tips, useful support contacts and much more.

We hope you enjoy this guide and wish you best of luck on your assessments. We are rooting for you!

**Tuna, Rania & Saqlain**

## Whats Inside

- Wellbeing Tips
- Revision Tips
- Make your own calendar
- Eat Well
- Faith support



# Wellbeing Tips

We can all find it difficult to maintain positive mental wellbeing at times. Coming to University can be a stressful time, which can be intensified when going through assessment periods – but it doesn't have to be that way. With the right tools, we can learn how to manage our stress and improve our ability to cope. If your stress becomes unmanageable, you should talk and seek help. You are not alone; there are people who can help you.

If the source of your stress is coming from your academic assessments, reach your course mates as they may be feeling the same. It helps knowing that you are not alone. Think about using your nervous energy in a positive way, such as exercising.

Many people feel anxious some of the time – it's a healthy response to feel apprehensive or worried about upcoming challenges: it can help you to do well in examinations or assessments, or when you're speaking in public or trying out something new. Anxiety can become a problem when it gets in the way of doing things that are good for you, which is when you should seek some help.

What prevents your brain from feeling too blue?

**“If you are good at something, make sure that thing is also good for your wellbeing.”**

- Gift Gugu Mona

## CONNECT WITH OTHERS

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- When you're feeling low it's easy to feel alone and isolated. Stay connected with people you're close to in hard times; even if you don't feel like being around others, making sure to speak with friends, family or facetimeing your pets regularly can change your perspective and lift feelings of loneliness.

- Surround yourself with people who motivate you and remind you of your worth.

## HEALTHY BODY = HEALTHY MIND

- The ways different people experience and manage stress tend to vary. Some people find physical activity and exercise extremely helpful. If you feel this might be helpful to you, take advantage of all the online classes currently available for home use.

- Try different types of exercises: – yoga, Pilates and core exercises are all highly recommended for mindfulness as well as a good workout.

- During the present situation, you might feel hungry much more often as a result of confinement. You may find it helpful to cook all your meals and snacks, which comprises a relaxing manual task as well as a way to improve diet and healthy calorie intake.



## TAKE A BREAK

- Remember that it is ok to take a break, it is actually highly encouraged. For some, it's very helpful to deliberately schedule breaks, so there are structured periods for down time. Others prefer to take their breaks spontaneously, which helps break out of the feeling of always being 'on the clock' or having to maximise your time. See what works best for you and don't feel pressured to be productive during your breaks.
- If you have children or are caring for someone, try to get some alone time to reconnect with yourself.
- If you are juggling working from home and assessments, it may help you to find ways of keeping your deadlines and priorities in view, such as producing a calendar or schedule, which will structure your work and keep you motivated between competing obligations.
- Take a break from social media. The volume of information available can be overwhelming and often more harmful than helpful. If you can't take a break, review who you're following and surround yourself with content which promotes your wellbeing in the long run.

## MEDITATE OR PRAY

- Meditation and prayer can offer a great way to manage stress. We have mindfulness audio sessions available on our website and some articles on how to manage stress and anxiety. Some students might prefer to speak to a Chaplain at City (who can provide wellbeing and pastoral support to all students).

# REVISION TIPS

During these uncertain times, assessments can make you feel even more stressed. It might take some time to adjust to these new ways of studying, so please be patient and kind to yourself.

Your [Academic Learning Support](#) team has put together some tips/resources that might help you to get started with studying independently and at a distance.

**MANAGING YOUR TIME** - Under these new circumstances, it might be more difficult to find time to study. These resources aim to give you some guidance and structure, but the important thing is to be flexible and adapt to the new situation. If you don't manage to achieve a task when you had planned to, don't worry-move it around to a time that works. Click on the links below for the resource and instructions.

- Break your days into three sections using this [weekly planner](#). Plan to use two of the three sections for study, and leave one section for free time and doing something that you enjoy.
- Use this [priority chart](#) to prioritise your time.
- Fill your weekly tasks onto this [grid](#) to establish what is important and urgent.
- Look at the guidance for [making tasks manageable](#) and use the table to plan the stages of your assignments. .

**EFFECTIVE NOTE TAKING** - Below are some resources to help your stay focussed when taking notes so that you can make the most of your time.

- Make notes [here](#) when reading books and articles to help you get an overview of the source.
- Use this [framework](#) for a more in-depth reading to help you with critical analysis.
- Compare articles and look for themes by using this [chart](#).
- Try using the [Cornell method](#) to maintain focus when listening to lectures.



**BEING PRODUCTIVE** - It is normal and inevitable that you will find distractions in your new environment. Try using these tips and resources to limit your distractions and prevent procrastination.

- Readjust your expectations – you are not expected to continue as ‘normal’
- Limit distractions: disable pop-up alerts, hide your phone, use flight mode or a website blocker.

### **BE KIND TO YOURSELF**

This is the most important advice. These are not normal circumstances, we are all in this together, and all working our way through. You’re doing great.

- Take regular breaks if possible – even a few minutes away from a screen.
- Use the [Pomodoro technique](#) to manage your time into half hour sections and boost productivity

# Organise

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Try plotting your day and stay organised to make the most of your revision time. You can use the revision timetable below to plan your exam prep.

The average person can only focus for 45 minutes at a time, allowing you to work hard but still kept alert.

We've left space for you to set out and review your revision goals, but remember is just a suggestion. Feel free to adapt it however works best for you! Prayer times are also considered in the timetable breaks.

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Decide on your goals for the day.							
1 hour break							
Review your Progress and Plan for tomorrow.							

*We have a couple of healthy, vegan-friendly recipes in case you need cooking inspiration: a vegetable soup and a roasted vegetable pasta. We are aware that being a student can be quite expensive and as a Union it is our priority to give you the best value for money - here we introduce some cost-effective recipes. You can reuse some of the ingredients so nothing goes to waste.*

## VEGETABLE SOUP

### Ingredients:

- 3 carrots
- 1 onion
- 2 potatoes
- 2 courgettes
- 1tbsp olive oil
- 1 vegetable stock pot
- 200g spinach

### Method:

- Peel and chop the carrots, onions, potatoes and courgettes.

- Fry chopped raw vegetables in 1 tbsp oil for a few mins until beginning to soften. Cover with water and add a vegetable stock pot.

- Wait until the veg is tender. Blend until smooth.

- Add spinach and wait until it's cooked.

- Add season, if needed.

### If I went to Asda, this meal would cost 3£:

- Vegetable Soup Mix - **£0.75**
- ASDA Vegetable Stock Pots x4 - **£0.90**
- Olive Oil - **£1.35**

## ROASTED VEGETABLE PASTA

This pasta is an add on your usual tomato sauce pasta.

### Ingredients:

- Your favourite type of pasta
- Choose your favourite vegetables (ex. peppers, asparagus, sweet potato and mushrooms)
- Italian seasoning
- Olive oil
- Tomato sauce

### Method:

- Peel and chop your favourite vegetables. Season them with Italian Seasoning and leave them in the oven until tender.

- Boil your pasta.

- In a pan, sauté your tomato sauce and the roasted vegetables.

- Finally add the sauce and roasted vegetables to your pasta. \*

- You can add cheese.

\*- If you prefer you can add chicken to this recipe - by roasting it with the vegetables or sauté in the pan before adding the sauce.

### If I went to Asda, this meal would cost 3.70£

(5.45 if you add cheese):

- ASDA Penne - **£0.53**
- ASDA Farm Stores Mixed Peppers - **£0.99**
- ASDA Farm Stores Sweet Potatoes - **£0.75**
- ASDA Italian Style Seasoning - **£0.84**
- ASDA Tomato & Garlic Pasta Sauce - **£0.59**

- If you wanted to add cheese - ASDA Grated Cheddar & Mozzarella Cheese Blend - **£1.75**

# Faith Support

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## During daylight

**Take regular breaks:** Don't push yourself too hard. You're unlikely to find revising solidly for hours on end very productive, empty stomach or otherwise. Try working for one hour then give yourself a 10-minute break. After a few of these sessions, give yourself a slightly longer break as a reward before getting back to it.

**Wash:** Try splashing your face with cool water to revitalise or have a shower to make you feel fresh and ready to work. As you wash before prayer, you may find this wakes you up and gives you the strength to keep studying.

**Plan ahead:** Work out what you need to get done and in what time period and plan your breaks around prayer times.

**Chaplaincy** - How can I get in touch?

[Email the Chaplaincy team](#)

**Telephone:** 020 7040 2419

**Instagram:** @cityunichaplaincy

## During sundown

**Eat lots of healthy food:** It can be tempting to gorge on lots of fatty, stodgy, fried foods once you reach iftar as, after being hungry all day, you're starving and craving filling, unhealthy foods. But if you give in to the cravings, you're likely to end up feeling lethargic - not exactly optimum for studying!

Especially for suhoor, you should try and incorporate as many 'brain foods' into your diet as possible. Think: avocado, dark chocolate, eggs, walnuts, bananas and almonds. These will improve your focus and help you retain information as you study.

**Stay hydrated:** If you're studying after iftar or Taraweeh (extra night prayers performed only during Ramadan), drink lots of water. Hydration is so good for your brain and will help you feel well and ready for your studies. In fact, it's important to drink as much water as possible during sundown to prepare your body for the day ahead.

# Union Advice Service

We are independent from the University and provide free, confidential and impartial academic advice to all students at City, University of London. Our aim is to provide you with academic advice on academic matters to empower you to make your own decisions which is a fundamental part of your university experience. We will explore all options for the resolution of your case with you, while ensuring your available options are explained without prejudicing you to a particular viewpoint.

We provide advice on the following academic areas:

- Academic Misconduct
- Appeals
- Complaints (including industrial action or coronavirus related complaints)
- Extenuating Circumstances (including coronavirus related issues)
- Fitness to Practice
- Student Conduct & Disciplinary Matters
- Supervision related issues

Our service continues to offer appointments and these should be booked via our Case Form on this page <https://www.citystudents.co.uk/advice/accesstheservice/>.

As Students' Union staff are home working, appointments will be provided via Microsoft Teams. You will be provided with joining instructions once you receiving your appointment booking email.

For a full list of contact information for all University and external support regarding your wellbeing please visit [citystudents.co.uk/studywell](http://citystudents.co.uk/studywell)





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UNION

[citystudents.co.uk/getinvolved/studywell/](http://citystudents.co.uk/getinvolved/studywell/)

### ***Further Support***

*Visit our Study Well pages online for Support Services and Extra Support that is available.*