HOW TO STUDY AT HOME AND PREPARE FOR EXAMS DURING QUARANTINE?

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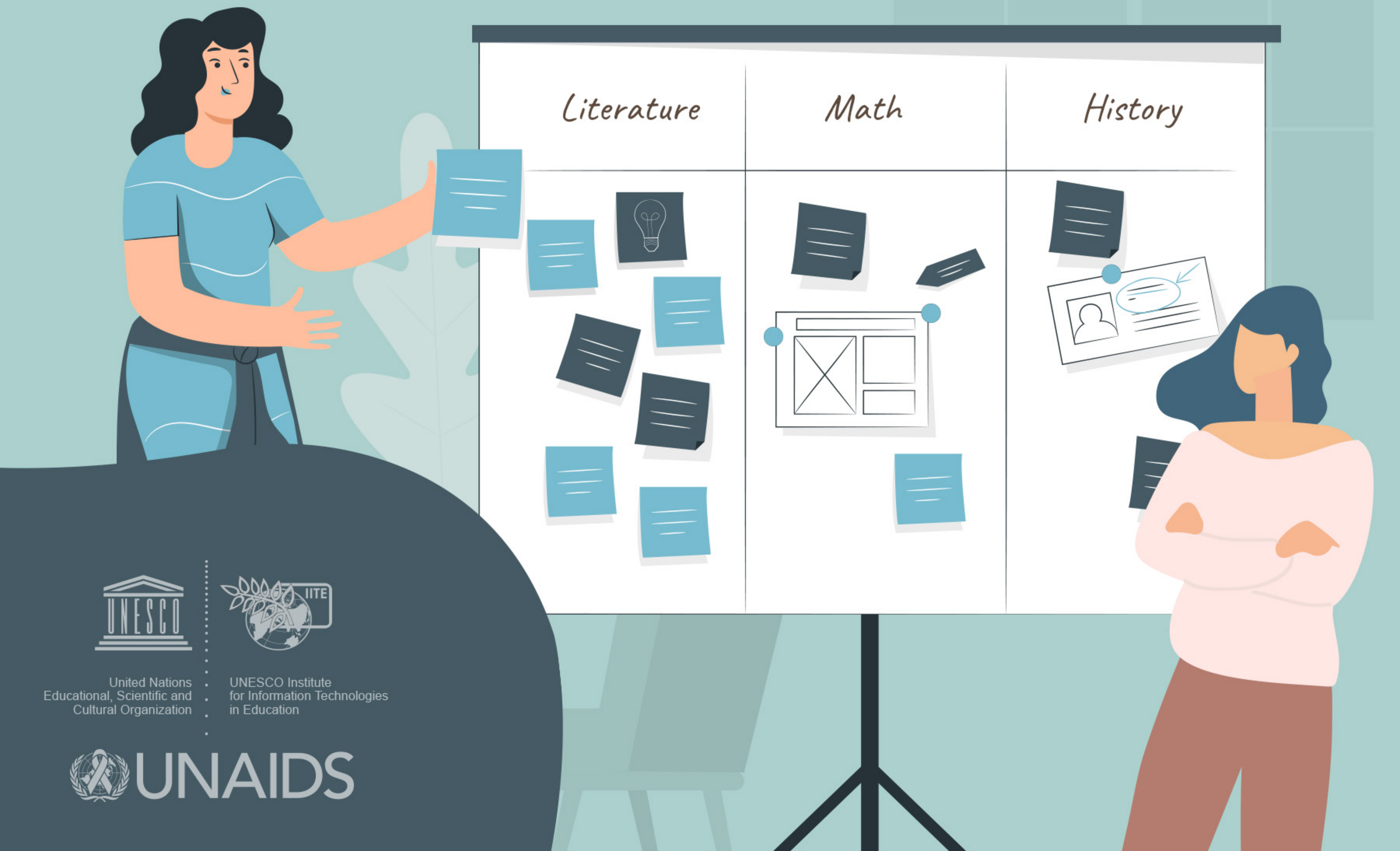
Ask your teachers for study plans in all subjects

This will give you an idea of the topics you need to cover, their approximate sequence, the time needed for preparation, and performance assessment criteria



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Define your priorities and needs

If history is your main focus and you will be happy with just a passing score in mathematics, plan your work accordingly. You do not need to be a master of all subjects

Note that your pace of learning may change when studying at home, so that some things may seem easier than before while some others may take longer than usual

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Identify gaps in your knowledge and skills

Spend more time on things you find the hardest -- like the oral part of the English exam, if reading and writing seem easy to you

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Make realistic to-do lists and schedules

Do not try to memorize all historical dates of wars and uprisings during quarantine; you will be better off making a realistic minimum plan for a day and a week ahead. Spend your most productive hours on the hardest tasks

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Explore time management techniques

Read about the Yana Frank System, Pareto's Principle, Kanban, and others.

There are a variety of productivity apps available, such as Forest or Plantie

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Make use of open educational resources

Online courses, video lectures and educational YouTube channels will add diversity to your learning

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Take breaks every hour

Light exercise is the best thing to do during such breaks. Plan ahead how much time you will spend on social networks and do not go beyond this limit

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