

RECOMMENDATIONS FOR STUDYING IN LOCKDOWN

THE CURRENT SITUATION



- * AVOID INFORMATION OVERLOAD
- * ALLOW YOURSELF TO HAVE CONTRADICTORY REACTIONS
- * ACCENTUATE THE POSITIVE; ELIMINATE THE NEGATIVE!
- * UNDERSTAND THE SITUATION; LEARN FROM IT AND ADAPT
- * KEEP YOUR SOCIAL NETWORK ACTIVE. YOU ARE NOT ALONE!

SHARING A COMMON SPACE



- * REACH AGREEMENTS TO SET UP ROUTINES
- * FIND TIME FOR DIALOGUE
- * BE ASSERTIVE WHEN COMMUNICATING
- * PAY ATTENTION TO YOUR FEELINGS AND EMOTIONS
- * BE MORE FLEXIBLE WITH YOUR GOALS AND EXPECTATIONS
- * PRIORITISE AND RELATIVISE YOUR PROBLEMS
- * SHARE YOUR CONCERNS

TAKING CARE OF YOURSELF; BUILDING NEW HABITS



- * TAKE CARE OF YOUR BODY AND MIND
- * ORGANISE YOUR TIME
- * SET UP ROUTINES FOR STUDYING AND FOR FREE TIME
- * TAKE ADVANTAGE OF ONLINE TEACHING SESSIONS

FURTHER INFORMATION: uap@uab.cat

For more details: <https://bit.ly/2SXrsAM>