

Studying online: tips for students

Although some students are used to online studying, for others it may be the first time they have done so or be the first time their studying has been solely online. We have written these tips to help you make the most of studying online and look after yourself during this time.

Follow any **work plans** set by your lecturers. Keep up to date with additions and changes to the module spaces in Brightspace. Try to complete tasks and assignments on time, if possible. If you do get behind and are struggling to catch up, contact your lecturer for support.

Consider contributing to the **online discussions** within the module spaces as this can help both you and fellow students (for some modules this is compulsory). You can also consider setting up or joining an **online study group** – [see this guide](#) for further information. This can help both academically and socially.

Questions and help. Your lecturers will be available to answer questions and provide guidance. If you are struggling with online study, please contact them or your Personal Academic Tutor (PAT) who may be able to provide additional support.

If you need **assistance with technology** see the 'Using technologies' section of the Essential Student Skills package <https://induction.uhi.ac.uk/>. If you are still having difficulties you can report problems to the LIS Servicedesk <https://www.uhi.ac.uk/en/lis/servicedesk/>

Check your **student emails** regularly for updates and news from the university.

Keep to your **usual routine** where possible. Eat meals at the normal time. Go to bed and get up at your normal time – sleep is important for your health; sleep researchers recommend 7-8 hours sleep a night.

Take **regular breaks**, especially when working on a PC or laptop. Get up and walk about; stretch and move your hands and arms. Make a hot drink, eat a snack or see a pet.

Make use of the **library's online resources**. Although the physical libraries are closed you can still access a wealth of online books, journals and other resources. Librarians are still available to help remotely. If you have problems accessing online content, you can log this with the LIS Servicedesk in the normal way

<https://www.uhi.ac.uk/en/lis/servicedesk/>

If you are able, **exercise regularly, eat a balanced diet** and stay well hydrated. This will help you keep physically and mentally healthy. Be moderate with alcohol consumption. Further food and nutrition information can be found here

<https://www.nhsinform.scot/healthy-living/food-and-nutrition>.

Money problems. If you are experiencing financial hardship consider whether you are eligible to apply for the SAAS Discretionary Fund. More information is available here: <https://www.uhi.ac.uk/en/studying-at-uhi/first-steps/how-much-will-it-cost/funding-your-studies/discretionary-and-childcare-funds/>

Keep in touch with family, friends and classmates. This can help lessen feelings of anxiety and loneliness.

Relax and have fun: find time to unwind and do things you enjoy. Spend time with a pet, read a book, watch a favourite TV programme or a film. Reward yourself when you have finished a piece of work.

If you are struggling with **mental health or other difficulties**, consider contacting a helpline for support. However, remember that many organisations may have a restricted service or not be available during this time. There is a list of helplines available here: <https://www.uhi.ac.uk/en/students/support/getting-help-at-uhi/counselling/support-helplines/>

The **student engagement team** is here to help you in any way we can. If we can't help we will do our best to refer you to someone else who can. Contact us at studentengagement@uhi.ac.uk