



TOP 7 TIPS FOR LEARNING DURING LOCKDOWN

1



REMEMBER OUR LORD WHOSE STEADFAST LOVE ENDURES FOREVER

- Let's delight in our God. Perhaps we might write a verse on the mirror? (Ps 51:10, Rom 8:15, Heb 4:15)
- Could we reflect thoughtfully on suffering? (Ps 77, Rom 5:1-5, Jam 1:2-4, 2 Cor 1:3-7)
- How might we practice thanksgiving? Maybe a list next to our desk? (Ps 103)

2



REMEMBER GOD MADE US PHYSICAL

- Exercise daily and enjoy the sunshine – the benefits are mental, emotional, spiritual.
- Manage physical fatigue. Have we considered ergonomics? How about our eyes? opsm.com.au/screen-time-and-your-eye-health

3



EXPECT THIS WILL BE HARD

- Show yourselves grace if work isn't at your previous standard. Our productivity may be down.
- No one has got it *all* sorted. Let's honestly express our struggles to a friend.

4



SERVE OTHERS AS YOU'RE ABLE

- How might we look beyond ourselves to those whom God has given us to love and serve? A walk, a call, a prayer?

5



IT'S GOOD TO HAVE FUN

- Could we start a new hobby? What do we enjoy doing?
- What's the next treat we are looking forward to?

6



PRACTISE WORK HYGIENE

- How might we distinguish our work hours / workspace from where we unwind?
- What would it look like to "go to work" and "come home," even in the same space? What would be a healthy and realistic routine?
- How can we keep ourselves accountable in class? Camera on? Phone in another room?

7



MANAGE SCREEN FATIGUE

- Could we make handwritten notes for one lecture?
- What would an effective break look like?
- Would walking and listening to one lecture a day help, followed by writing 3 summary points?