

ACAP students share their tips and tricks for studying online

To support the health and wellbeing of our learning and teaching community, ACAP recently transitioned to an online campus model.

ACAP already has a community of successful online students who know how to navigate our online systems and are experts at learning and interacting by video. We asked them to share some of their tips and tricks for studying online and maintain wellbeing.

Keep a routine

- Set up a comfortable place to study and stick to it.
- Clearly define tasks and keep them in sight to boost motivation.
- Treat it like a job. Set study times and hold yourself accountable to it. Decline invitations or distractions.
- Plan for dedicated study hours. If you usually dedicate your class days to a full day on campus for assignments, try to find a way to do the same at home.
- Stop at the end of 'class time' and have a break.

Minimise distractions

- Just as with class, don't answer phone calls or allow distractions.
- Set up a designated spot away from shared areas if you can. It helps keep the focus and cut back on the background noise from mics.
- Turn off notifications on your phone while you study.
- Utilise playlists to help you focus. Spotify has dedicated study and nature playlists which can help block out external noise.

Be prepared

- Attend lectures, take notes, have the tutorial questions answered before the tutorial so you can contribute effectively to the group, ask questions of concepts you weren't sure of, and take away as much as possible from the tutorial.
- Get ready as if you are going into campus and arrive to classes early.
- Where possible, have a tablet or phone or additional screen for the slides and the other for the Zoom video.
- Familiarise yourself with how Zoom works and watch [SLS's helpful videos](#).

Increase communication

- Start an online study group or group chat.
- Don't be afraid to talk during tutorials and turn on your camera as it increases communication.
- Make full use of the class forum and email educators to ask questions.
- Email or book in times to call your teacher to get the additional feedback on whatever you may need.
- Utilise the class space discussion forum and help each other out on things that you are finding difficult, support each other's class posts.

Please visit our [online campus web page](#) for regular updates, FAQ's and staff contact details.