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UNIVERSITY OF LONDON
EST 1894

Studying from home and during Ramadan

LEaD
Learning Enhancement
and Development

Welcome to the webinar, we will begin shortly.

Sally Thorpe & Taqveem Ahmed

Can you introduce yourself in the chat?

While studying from home can you share one strategy that's working for you? One thing you're finding challenging?

Please put your microphone on mute, thanks.

Studying from home and during Ramadan

- Managing our study time
- Preparing for our assessments
- Taking care of ourselves and our studies

With many thanks to:

Musa Admani, Katie Banks &

Agnieszka Marciszewska



Some ideas ...



Some mental health professionals have noted that lockdown can be a calmer, more reflective time

Studying from home can be more flexible, you can adapt it more to suit your needs

The key to studying during Ramadan is to be prepared

Managing our time



When do you study most effectively – morning, afternoon or evening?

How can you use this when studying from home & during Ramadan?

Can you reply in chat, thanks.

Managing our time



- May need to change our usual study timetable.
- Plan ahead: organise study activities, in what time period?
Plan your breaks around commitments e.g. prayer or family times

A flexible, reflective timetable?

- ❖ Break each day into three parts, aim to **study for no more than two parts**
- ❖ Considering commitments, **when are you most effective?**
- ❖ **Reflect** how the day's studying is going, **be flexible**



DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
	One	hour	free	of	study	before	bed!

Example timetable: Ramadan (student studies best in afternoon)

1:30am to 2:00am – *Suhur* (pre-fast meal)

2:00am to midday – Sleep

Midday to 9:00pm – Study (with breaks!)

9:00pm to 9:30pm – *Iftar* (evening meal)

9:30pm to 10:30pm – Rest

10:30pm to 11:30pm – Tarawih (extra nightly prayers in Ramadan)

11:30pm to 1:30am – Study



“You might prefer to structure your day differently? For instance, you could work in the morning and sleep in the afternoon. **The important thing is to have a routine that factors in enough study and rest time**”



The importance of sleep!



“Helpful to get enough sleep e.g. 7-8 hours

Good sleep helps with memory consolidation.

Lack of sleep will cause your stress hormone levels to rise. This can lead to increased anxiety, mood swings and fatigue”



The benefits of naps?

A few studies advocate napping ...

Try a 20-minute power nap, for a quick recharge?

(For some people sleeping longer makes waking up difficult and can make them feel groggy)



Regular breaks

- ❖ Take breaks every 20 – 40 minutes
- ❖ Split the work into chunks/units
- ❖ Sit at a desk and not on your bed (if possible)
- ❖ Ensure you step away from your studies & your electronics for those 10-15 mins break.



Ideas for breaks



- ❖ Some research shows that simply being outside lowers stress levels even after just five minutes in the open air.
- ❖ During Ramadan, can plan your breaks around prayer times.
As washing, you might find that splashing your face with water will wake you up if you're falling asleep!
- ❖ Try stretching exercises

Preparing for our assignments

What are you focussing on in your studies now?

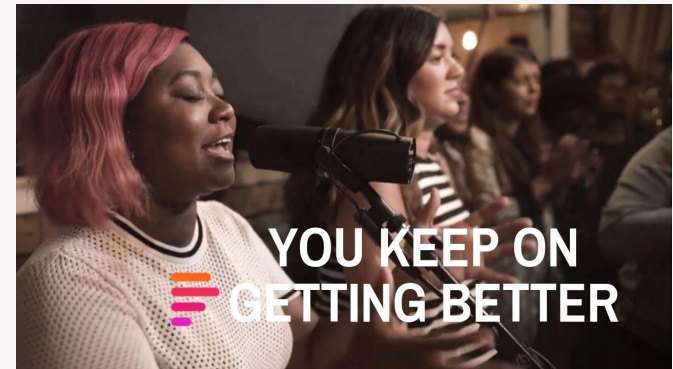


Can you reply in chat, thanks.



Preparing for assessments

- May not have firm assessment schedule yet
- Keep up with weekly learning schedule e.g. lectures, forum, notes
- Focus on module learning outcomes

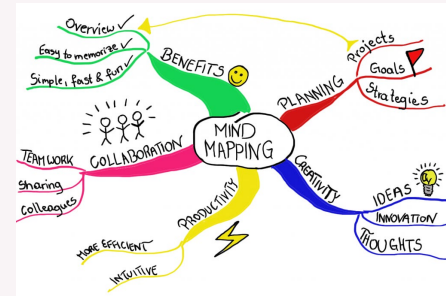


Preparing for exams

■ **Virtual Revision groups** - “use skype, zoom, whatsapp to set up regular chats with a friend or group online to motivate, support and test one another. Helps to lift spirits”.

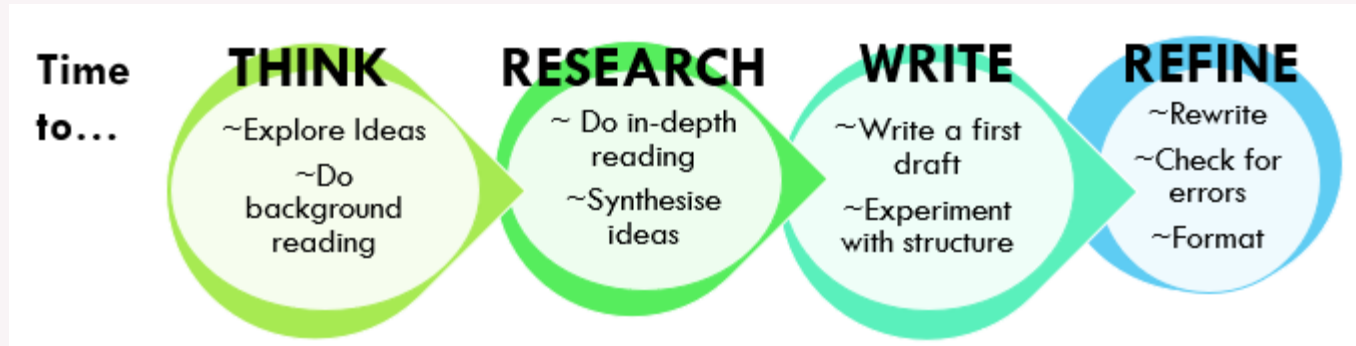
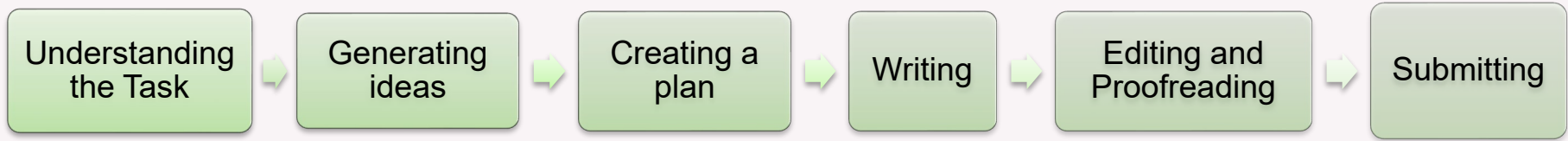
■ **Explore visual revision techniques** e.g. flash cards, mind maps.

“Visual cues can be more easier to process and absorb whilst fasting”



Preparing for essays

- Break essay task into stages
- Start from the submission date and work backwards, give yourself rough deadline for each stage.



Taking care of ourselves and our studies

- Be kind to ourselves- “we want to do well but do not place too much pressure on ourselves. Ensure we don’t over load ourselves during the daytime that is when our body is under the most amount of stress”
- Eat well – “don’t skip Suhur (pre fast meal) it will keep you fuelled for the rest of the day”



Student ideas on eating well

“In my community (I’m Indian) it’s quite common to eat lots of fried foods to break the fast and we tend to have sweet desserts afterwards. Fatty and sugary foods can leave you feeling lethargic and lazy. I’m not going to lecture you on healthy eating (there’s enough of that going around!) but I’d recommend trying to choose foods that will fill you up and release energy slowly, like bananas, brown rice and porridge topped with raspberries. You’ll need to fill up on water too, but if you’re not a fan you could try making some juice instead”



Taking care of ourselves and our studies

What strategy works for you, when you're feeling stressed?



Can you reply in chat, thanks.

Ideas for relaxation from Mind & past student.



8 Relaxation tips

<https://www.youtube.com/watch?v=cyEdZ23Cp1E&feature=youtu.be>

Avoid social media distractions! “Sites such as Facebook or Twitter are not only hugely distracting when you’re supposed to be working, but studies have shown they can make us feel stressed or experience ‘FOMO’ (fear of missing out) if we spend too long browsing them. Completely avoiding social media, if only for a couple of hours, will aid your focus and prevent you from getting lost in any negative thought patterns”

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What do you feel
are your next steps
with studying?



Can you reply in chat, thanks.

Useful links



- **For further information on Ramadan this year**

<https://www.city.ac.uk/current-students/health-wellbeing-sport/faith>

- **The University Imam, Sheikh Musa Admani** musa.admani.1@city.ac.uk

- **Academic learning support.** To discuss managing time, essay writing, revision strategies in an online appointment, contact ALS@city.ac.uk

- **Student Academic Development and Student Wellbeing Moodle module**

<https://moodle.city.ac.uk/course/view.php?id=35068>