

FOUR NEW Study tips for Students (living together)

So not the standard tips you already know such as:

- *Maintain a routine... Yeah of couurse tell us something new*
- *Don't procrastinate... Yeaaaah how??*
- *Remove things that distract you... THE SUN! How can you remove the sun*

*These tips are based on the principle
of social pressure and how they can
be of use!*

Good luck!

On behalf of Roos and roommates of the Nathan Straus
house

TIP 1: CREATE PEER PRESSURE

The HOME UNIVERSITY LIBRARY (UB)

Option 1

If one of your roommates is out, you can ask that person to use his/her room as UB. Just move some tables and you're done.

Option 2

You can also create more study places in your own room or in someone else's. For example, one quiet zone and one talking/music room.

What good is that?

Well, when your roommates can see you they'll notice if you're spending half the day on Youtube...

PHONE POLICY

Put your phone on silent and swap it with one of your roommates'. If you then want to use it, you first have to ask for it... making the threshold a looooot higher than when it's sitting on your desk



TIP 2: MAKE A GOALS BOARD

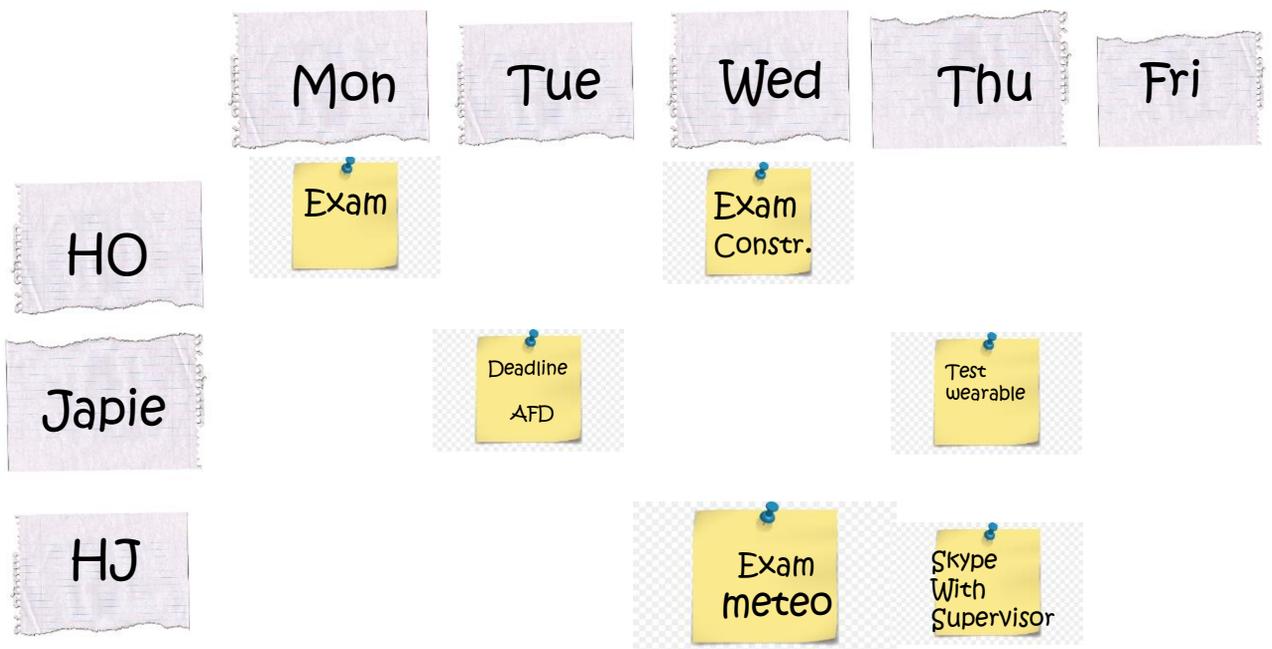
Why? So you and your roommates can say:

“Didn’t you plan on studying for that course?”

“How’s your deadline going for...?”

“How did your assignment go for...?”

In this way you and your roommates can motivate and encourage each other



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
HO	Running	Cycling	Running	Online Ballet	Running	Cycling	
Smik		Running		Running			
Fre	Cycling with Chris	Running	X-insta workout				
HJ1	Workout core	Ergo		Ergo			Ergo
HJ2			Running		Running		

TIP 3: COLLECTIVE ROUTINE

It's of course very "gezellig" to have a break with all your roommates. But if everyone takes a break at a different time, you can easily join all of your roommates' breaks leading to sitting in the sun all day...

So:

1. Agree on break times
2. When it's break time, make sure everyone joins!
3. But also make sure that everyone returns to their study place when the break has ended

Perhaps this is going a bit far, but you could propose that if someone one a week day is not up by 9 a.m., you're allowed to wake them up

Bonus tip: take turns preparing treats for breaks. For example, coffee, home-made ice tea, cake (good excuse to bake) or, when it's after 5 p.m., beer and a cheese and sausage platter



TIP 4: SOCIAL DEADLINE

Your study work has become a big pile. You know what they say: cut it into smaller pieces and set achievable goals. But, how do you make sure you reach them?

1. Look for a study buddy (someone who takes the same course or just someone you like to study with)
2. Agree on which achievable goal you want to reach when
3. On the agreed time you can phone/skype/zoom and for example give your buddy a mini presentation and a summary of what you've been studying, or share your notes. Then the other person also benefits!
4. Did you succeed? Nice. Was it more difficult than expected? Your buddy has perhaps some encouraging words/good explanations/ or tells you to finally start to study for real

