



STUDYING AT HOME - STRATEGIES FOR SUCCESS

It can be hard to keep ourselves motivated when studying alone. Here are a few tips to help you keep going.

1. Choose a Mindset Mantra

When you are learning something (especially on a musical instrument) it can be hard not to get frustrated. One way to relieve this is to develop a mantra you can yell when you are stuck right in the middle of learning. This can be a frustrating place but it also the place where exciting things can happen and you can move forward - hang in there!

Examples of Mindset Mantras - You could use a favourite meme, a line from a film or a song lyric. One person would yell a friend's name when they were trying to get into a cold sea for a swim because they respected their friend's strength!

2. Give yourself a talking to

When you are feeling good or have just achieved a goal record a few seconds of yourself speaking - explaining how you got there and why next time the going gets tough you should keep going. Play this to yourself when you need a pep talk.

3. Create a Not Yet list

Make a list of the things you are working towards so you can tick them off when you achieve them. It could be a list of licks and scales you are working on or ideas you are trying to grasp.

4. Try something new

When you have been studying for a while take a break. Use the break time to look at something new and unrelated to your studies. Maybe listen to a new song or podcast or read a book. Taking yourself away from study for a while can be refreshing.

5. Make a reward list

List all the things (big and small) you can reward yourself with. For example after a morning of study your reward could be a walk in the park or your favourite chocolate bar. When you complete an assignment the treat could be to have a film evening. These rewards will help you to stay motivated and focussed when you are wanting to give up.

6. Buddy up

Social contact is important to our well-being. If you can't be with other people in person you could have a Facetime or WhatsApp call open so you feel like you aren't alone. Or you could arrange a check-in once an hour. Send each other your study plans so you can keep a check on each other.

7. Have a plan

Use a timetable planner such as this one:

www.musostudy.com/resources/1MM/timetable-todos.doc

It helps to plan out your time so you can work to your deadlines and make sure you are practising regularly etc.

