



We know it's not always easy to find the motivation to study from home. Here are a few study tips and resources to help.

Studying from home

1 Set-up Your Workspace

Whether you are alone or in shared space, designate a space at home that is just for studying (avoid your bed or couch). If you sit at the dining table, store away your station during meal times and at the end of the day.

2 Manage Your Time

Keep up your daily routine - While completing your studies from home, it helps creating structure around your working day. Set your alarm at the same time, get dressed, take the time to eat, keep a regular schedule of study, leisure time and wellness activities.

Stay balanced - Create a clear distinction between study time and leisure. Create a healthy balance by scheduling time to study, and time for other activities that help you relax and recharge. Also remember to prepare your lunch and take the time to take a full break at noon.

3 Stay Connected

Do you miss your colleagues and friends? Create a plan to stay in touch! Initiate online study groups, video calls through apps like Zoom or Facetime where you can socialize.

4 Prioritize Your Mental Health

We understand that this is a difficult time for students to get used to studying from home. Social distancing is the best way to ensure everyone's safety, but it's just as important to remember about our mental health. The tips above all contribute to our well-being: well-being at home, healthy living, and virtual contact. We are there for each other, so feel free to ask for help in these difficult times.



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Connect with campus resources

We may be away from campus, but we are open and ready to help online! See resources below:

Mental Health and Wellness

Accessibility, Well-being and Counselling Centre

Email: counselling@glendon.yorku.ca

Student support line: 416-736-5297. If the line is busy, please wait for a few minutes and call again.

Support for International and Exchange Students

Insurance/UHIP Inquiries: studentaffairs@glendon.yorku.ca

Glendon Exchanges: exchange@glendon.yorku.ca

Dual Degree with EM LYON: dd-isba@glendon.yorku.ca

York International Exchanges: yiinfo@yorku.ca

Housing Inquiries (including inquiries related to refunds)

Email: glendon@yorku.ca

Academic Services and Academic Advising

Email: acadservices@glendon.yorku.ca

Financial Services

Email: finance@glendon.yorku.ca

Career and Skills Development

Email: aleksgol@glendon.yorku.ca

Student Affairs

Email: studentaffairs@glendon.yorku.ca

For more tips and online learning resources:

<https://iss.info.yorku.ca/online-learning/>

York University Corona Virus Update and Information

Website: coronavirus.info.yorku.ca

Adapted from:

York University - Online Study Tips

<https://iss.info.yorku.ca/files/2020/03/YorkUOnlineStudyTips.pdf?x62843>

Collège Boréal -

<https://bit.ly/2WMYbLI>