

# TOP 4 TIPS ON HOW TO MANAGE YOUR STUDIES WHILE ILL

## IN COLLABORATION WITH PREVIOUS WARWICK STUDENT, KAYVON TAE



*Being sick is the absolute worst! From an annoying runny nose to a fever or even fatigue, it can be incredibly difficult to find the motivation to study! It can even be frustrating as there could be a list of things that need to be done and yet finding the energy for them can be like finding a needle in a haystack! **But fear not, for this guide has your back to help you to be mildly productive while you recover!** This guide is aimed at those studying any academic subject regardless of level...*

### Make a plan

As I am writing this, I am currently sitting next to a giant box of tissues, drinking plenty of tea and making a to-do list that is realistic of what I need to do whilst I am trying to get better. However, there can be times where I do not know what to prioritise, especially when I have multiple assignments due on the same week for different modules.



Fortunately, the University of Oxford has released a time management guide that not only helped me but will help you too! To put it simply, it's about categorising by importance and urgency. Try to be honest by how urgent/important a task really is, as it can be rather deceiving at times!

To give you an example, let's say you have exams coming up in 2 months, but have three assignments due next week and each of them is due Monday, Wednesday, and Friday. The exam revision would be labelled as "important but not urgent", however the assignment due on Monday would be under "urgent and important".

As such, you would choose to complete the assignment due on Monday first then complete each one respectively until the week is over. After that, you can now focus on the exam revision as this would be now "urgent and important".

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*...the key thing is to do what you can whilst still looking after your health.*

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The beauty part of this is you can even add non-academic tasks too - even something as simple as

cleaning the house! It may be daunting to implement but I promise you that your future self will thank you!



The University of Warwick's Wellbeing Support Services have a [productivity matrix](#) which helps you to divide your work by importance vs effort.

### Take (more) frequent breaks

Studying can easily be a mentally exhausting task, especially when the subject matter is difficult. I find that I need to take more frequent study breaks when I am ill.

Since my body is focused on fighting any disease I may have, I don't want to exhaust myself even more by stressing about how I don't understand a

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concept, as stress can make you feel worse! That's why every 30 minutes of study I take a study break between 15 to 30 minutes (depending on how I feel).

Sure, I may not get as much done as I would usually, but the key thing is to do what you can whilst still looking after your health.

Chances are you won't want to study as much and may wish to focus on recovering! If note taking is difficult, consider watching a video associated with the topic you are studying (Recorded lectures are a bonus!) as this is a much more passive way of learning and may even take your mind off from being ill!



## **Focusing on recovering**

I find it's very easy to not eat/drink very much whilst I am ill, as it can make you feel tired and have a loss of appetite. However, it's times like this where being healthy is especially important! Make sure you do the usual advice

doctors give when you get the flu: Plenty of fluids, plenty of rest, stock up on fruit and veggies, and have plenty of vitamins and minerals!

## **Don't be afraid to ask for help**

If you are really ill and lack the energy to do any assignments, I highly recommend focusing on recovering and consider going to your GP to get a doctor's note.

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*Make sure you do the usual advice doctors give...*

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You can also ask for an extension for assignments or [apply for mitigating circumstances](#) for exams as they may make adjustments if you are a borderline candidate.

Also, be sure to reach out to friends who are willing to loan you some good soup and tea, as well as moral support.

Finally, even ask the [Library Helpdesk](#) for help! They are always happy to assist when asking for help or point you in the right direction!

Sometimes I find when I am ill, I am prone to making mistakes, so I use the Click and Collect service to make searching for the book that I need much easier.

*In short, take your time, prioritise your health and don't be afraid to ask for help!*