Q&A session: What day is it? Optimize your schedule and routine during lockdown.


Vragen van de deelnemers:

“Is now the right time to study for the exams or just to revise lessons.”

Although it might feel like exam period already, this is not the case. Right now, it is important to keep up with your lessons by following your ‘normal lesson schedule’. Keep in mind that, while following online lessons and lesson recordings, you are already processing the learning material.

“How do we evaluate the effectiveness of a learning schedule.”

Take some time each week to reflect on your learning schedule and ask yourself following questions:
- Did I achieve my goals?
- Was my schedule realistic?
- I am satisfied?
- Do I need to make adjustments to make my schedule better next time?

Taking following things into account you can now schedule the next week.

Do you need help making a realistic schedule to achieve your goals? Contact a study advisor.

“How many hours are you supposed to study each day.”

Each ECTS-credit stands for 25-30 hours of study time. If you have study track of 60 credits, this means 38 hours of study time each week. This includes lessons, working on tasks or papers, studying. You can compare it to a fulltime job.

This is the theory. In practice a lot does also depend on you as a person and your personal situation. For a course you are good at and you are interested in, you might need less time than for a course you do not like.

“Tip: study online together.”

Studying together can keep you motivated. You can study together with friends through Skype, Microsoft Teams or another app. Sharing your learning schedule with friends can also keep you motivated.

On YouTube, you can also find videos of students studying, which might help you finding a good study routine. Search for ‘study with me’.

More tips on routine and planning can be found [here](https://student.vub.be/sites/vub/files/infographic_afstandsonderwijs_routine-planning_en.pdf). Would you like an individual appointment? Talk to one of our study guidance colleagues. Any other questions? Contact us via guidance@vub.be.