SURVIVAL GUIDE
FOR STUDENTS
in times of Covid

VRIJE UNIVERSITEIT BRUSSEL
Prosit Corona!

Fucking Corona!

We're proud of you!

Thank you for staying at home!

Keep up the good work!

We're proud of you!

Dear students, our deepest respect for what you are doing right now!

I deserve a standing ovation because I

Studying before 2020

Studying after 2020

Studying before 2020

Studying after 2020
It’s ok not to be ok in these circumstances

Have faith in yourself

Things that help me to get through this period are

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It’s almost over
The vaccines are coming

That’s all Folks!

In the summer of 2021 I will

- ...
- ...

TIPS TO BOOST YOUR WELLBEING
The last couple of months were a roller coaster of:

- feelings: ........................................................................................................................................
- thoughts: ........................................................................................................................................

You are ok just the way you are with all your feelings and thoughts

Try to create a daily routine and make sure you have some kind of structure

My daily structure (including daily activities such as getting up, lunch, ... and leisure time):

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Get moving and go outside

Eat healthy and balanced

Things that stimulate me to go outside:

- ...
- ...

Mmmm... Pizza!
Hey, what's up?
Are you in for a little walk this afternoon?

And um... Can I get your notes?

Acknowledge:
Notice and acknowledge the emotions as they come to mind. They are normal, and it's ok that you experience them.

Pause:
Don't react as you normally do. Don't react at all. Just pause, and breathe.

Pull Back:
Distance yourself from your thoughts. Let your emotions just be, and your thoughts aren't statements or facts.

Let Go:
Let go of the thought or feeling. It will pass. You don’t have to respond to them. You might imagine them floating away in a bubble or cloud.

Explore:
Explore the present moment, because right now, at this moment, all is well. Notice for example, your breathing, and the sensation of breathing. Then, shift your attention to something else, e.g. your assignment that you were trying to finish before you got overwhelmed by those feelings.

Stay in touch with your friends / family / fellow students (online or in real life)

These people made the last couple of months more beautiful, just by being there:

- ....
- ....

Acknowledge your emotions, but don’t let them control you
Take at least one moment a day just for yourself

Hey, let’s chill!

Enjoy the little things consciously and be grateful for them

Well done!

I give myself some me-time by

- ...
- ...
- ...

The last couple of months, I enjoyed these little things:

- ...
- ...
- ...
Emphasize the things that are still possible

The last couple of months, I could

•

•

Put your problems / situation into a broader perspective
Take action on those problems that you can solve (in this moment)

Recognize the worries
What am I worrying about?

Can I have impact on it? Is there a solution for this?

Yes
ACTION: Make a plan
What? When? How? ...

No

Let it go! Let it go!

Now Later

Dare to put yourself out there, dare to ask for help, dare to be vulnerable because it’s a strength

Mum! We need to talk...

Going through a bad patch? These people are my personal energy boosters:

- ...
- ...

Let it go!
Let it go!
Let off steam, look for some distractions, go with the flow

Well, it’s a start... I did like the flow though!

Be kind and not too hard on yourself

I’m with my head in the clouds if I

I turn my back on these negative thoughts about myself:
Pat on the back!

I am actually really good at/in:

- 
- 

And what about us?

Reward / Reinforce yourself

- 
- 
- 
- 

Resources

- Family
- Friends
- Fellow students
- Website
  student.vub.be/leave-no-one-behind
TIPS TO BOOST YOUR WELLBEING

1. You are ok just the way you are with all your feelings and thoughts
2. Try to create a daily routine and make sure you have some kind of structure
3. Get moving and go outside
4. Eat healthy and balanced
5. Stay in touch with your friends / family / fellow students (online or in real life)
6. Acknowledge your emotions, but don’t let them control you
7. Take at least one moment a day just for yourself
8. Enjoy the little things consciously and be grateful for them
9. Emphasize the things that are still possible
10. Put your problems / situation into a broader perspective
11. Take action on those problems that you can solve (in this moment)
12. Dare to put yourself out there, dare to ask for help, dare to be vulnerable because it’s a strength
13. Let off steam, look for some distractions, go with the flow
14. Be kind and not too hard on yourself
15. Reward / Reinforce yourself

TIPS TO BOOST YOUR STUDYING
Create an overview of all your to do's for your studies

Make a clear distinction between your study time and your spare time

The first step is to know what's expected from you for each course! Don’t worry if this takes some time. Allow yourself to get used to a new course / professor / …

At this time of day, I am the most productive:

My brain is in top shape at this place:

At these moments, I want to let go of studying:

When I’m here, it’s easier for my mind to find some peace:
Define concrete and realistic study goals

‘Go for it’; find your study flow!

Go with the flow!

I get in my study flow by

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Study actively, strategically and with understanding

Orientation and determining your approach

Processing

- Comprehension
  - Comprehensive Review
    - Analyse
    - Structure
  - In-Depth Review
    - Relate
    - Process Specifically
    - Process Critically

- Memorise

Repeating and checking

Resources for studying

- Fellow students
- Professors / Assistants
- Study Guide / Studeerwijzer (book)
- Website
  student.vub.be/studiebegeleiding/tips-tricks

Don’t forget about me!
TIPS TO BOOST YOUR STUDYING

1. Create an overview of all your to do’s for your studies
2. Make a clear distinction between your study time and your spare time
3. Define concrete and realistic study goals
4. ‘Go for it’; find your study flow!
5. Study actively, strategically and with understanding

Good luck!
Dear Students,

Each day, many of you show resilience, strength, creativity and solidarity. But the burden on all of you is equally high and is for sure difficult to carry for each of you at different moments in different ways. Together with you, I am looking forward to the welcome break that spring hopefully will soon bring to all of us.

I was impressed by the courageous Amanda Gorman, who embodied the strength of your generation and these are her words:

“For there is always light, if only we’re brave enough to see it, if only we’re brave enough to be it.”

Rector Caroline Pauwels