

Studying during the corona crisis

Tips for students, teachers and programmes

The following question asking for tips was included at the end of the [international well-being questionnaire](#). Out of 2,835 respondents, 1,172 students (41%) shared their answers. All of the tips have been analysed and organised into tips for fellow students, teachers and bachelor programmes.

What tips would you give to your fellow students or to your study programme? These can be tips relating to well-being, online education or studying at home.

Compared to our [previous well-being survey](#) in 2018, students this year shared a number of **new tips** this year that seem to apply specifically to the corona crisis. It is clear that, while many of the tips for students are the same, there is now a greater emphasis on mutual contact and studying together. Creating a fixed daily schedule was mentioned many times as well this time.

In the previous survey, students gave numerous tips for lecturers relating to personal contact; this seems to be even more important now, especially amongst students in their final year. Other frequently mentioned topics include online interaction, flexibility and support with planning. This ties in with our previous findings that students often struggle with self-management, which is expected even more during these times.

The students shared several new tips for bachelor programmes. Clarity and information were already important before, but these seem to be absolute necessities during the corona crisis. New tips include creating a central contact point, ensuring visibility of options for getting help and involving students more in decision-making. Supporting teachers was mentioned as well, along with the need for more online class hours.

Tips for students

'Make sure you have structure in your daily routine: wake up on time, make a sort of schedule for when you're going to study and when you're going to take breaks, to go outside for a walk, for example, and try to set weekly goals for yourself (that are not too big). Get at least 30 minutes of physical activity (walking/biking/yoga) every day and try to exercise at least three times a week.' (Female student, GSW)

'Express your concerns. Talking about what worries you can relieve a lot of stress.' (Female student, CRB)

'Show initiative, try to come up with your own solutions and create opportunities for yourself to still make the most of this time. That's how I've managed to become one of the few students doing a work placement now.' (Male student, GSW)

Tips for teachers

'Be clearer about what you expect from students and remember that students have their own agendas too, so don't schedule an exam for the next day and just expect that everyone will be able to do it.' (Male student, TOI)

'It's important to engage in more one-on-one contact with students. I hardly ever get that, and we really do miss it. Especially now, it's nice talk to someone once in a while.' (Female student, ONI)

'Show more interest in and understanding for students who are graduating. We've had very little contact with lecturers since the coronavirus outbreak.' (Male student, TOI)

Tips for bachelor programmes

'Provide clarity about important things sooner (like tests, reports etc.). Reassure students and check how they are doing.' (Female student, GSW)

'Schedule more lessons, just like during "real" school weeks. We often only have class once a week.' (Female student, CRB)

'Make it easier for students to talk about their academic problems, so that they can get help in time.' (Male student, TOI)

Top 10 tips for students



Stick to a **daily routine**, including scheduled relaxation time



Find a **study buddy** (or group) to study with



Make a clear schedule



Be proactive, take the initiative and ask for help when you need it



Go outside regularly to exercise



Keep up with the material and attend every class



Make sure you have a quiet, tidy workspace with no distractions, and put your phone away



Stay positive, take good care of yourself and don't be too hard on yourself



Turn to each other for **personal contact** and support



Try new things, such as a new hobby

BALANCE, STRUCTURE AND SOCIAL CONTACT

Top 10 tips for teachers



Show interest in and understanding for students



Be **flexible**



Try to make more personal contact (including study advisors)



Schedule **fixed contact moments**, for example once per week



Don't forget about **students in their final year**



Include more **interaction** during online classes



Be clear, provide **structure** and help students with planning



Make course material **easy to find** in a central location



Respond promptly to emails



Allow more opportunities for questions

PERSONAL ATTENTION, CLARITY AND SUPPORT

Top 10 tips for programmes



Communicate regularly and give specific information to each target group



Don't forget about **students in their final year** and students following **non-standard tracks**



Provide more **information about study delays** and cancellation of internships, including a concrete plan



Ensure that **options for getting help** are accessible and visible



Inform students on time regarding matters such as assessment timetables



Schedule **more online classes** (and record them)



Provide a **central (contact) point** for information



Help teachers gain skills for teaching online



Be **flexible**



Involve students when making decisions

CLARITY, ENGAGEMENT AND CLEAR COMMUNICATION