

HOME STUDY SURVIVAL GUIDE!

Issue 1

● Plan your study and life with apps

It might feel like we all have too much time right now, but when life is chaotic, having a plan is a great way to stay calm and ordered.

Todoist is a really useful and trusted self-organizer app. We have also just discovered **Habitica**, which helps you to turn your to-do lists in to a game! Gamify your life by creating your own avatar and move up the levels by winning points, for doing stuff.



● You're still a student, so stay connected!

If you haven't already, connect with your classmates online, to share info and study ideas. It's also an important time to support and check in on each other. Also, ECSA are running a #stillastudent campaign with tips on how to keep active and well while studying at home. And watch out for social media updates from the wellbeing team too.

● Stuff to do when you're stuck indoors



Getting used to being stuck in the house yet? Neither are we. Here are a couple of ideas that could help. **Down Dog** yoga app has dropped its paywall during the coronavirus and you can download it and use it for FREE.

Pub quizzes in Edinburgh are filling in the social distancing gap by moving online! The pub quiz company Goose are livestreaming a pub quiz on Twitch every night at 7. Or why not try local pub quiz legend Dr. Paul, who is running quizzes on different platforms.

goosequizzes.com

<https://www.facebook.com/dr.paul.quiz/>