



SURVIVAL GUIDE FOR STUDENTS *in times of Covid*

VRIJE UNIVERSITEIT BRUSSEL

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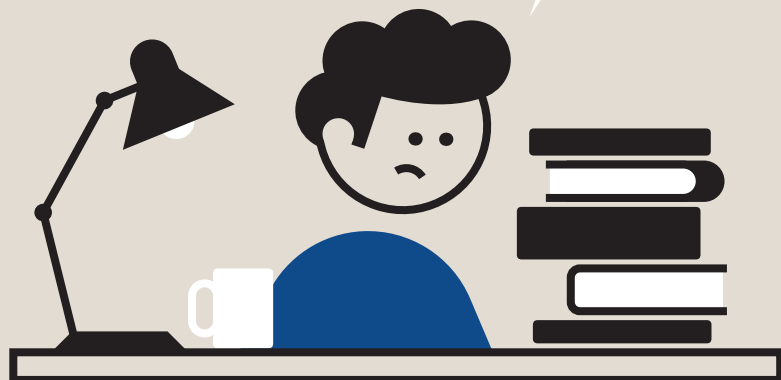
Studying before 2020

Prosit Corona!



Studying after 2020

Fucking Corona!



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

Keep up the
good work!

We're proud of you!



I deserve a standing ovation because I

.....

.....

It's ok not to be ok
in these circumstances



Have faith in yourself

**I CAN'T
DO IT!**



Things that help me to get through this period are

-
-

It's almost over
The vaccines are coming



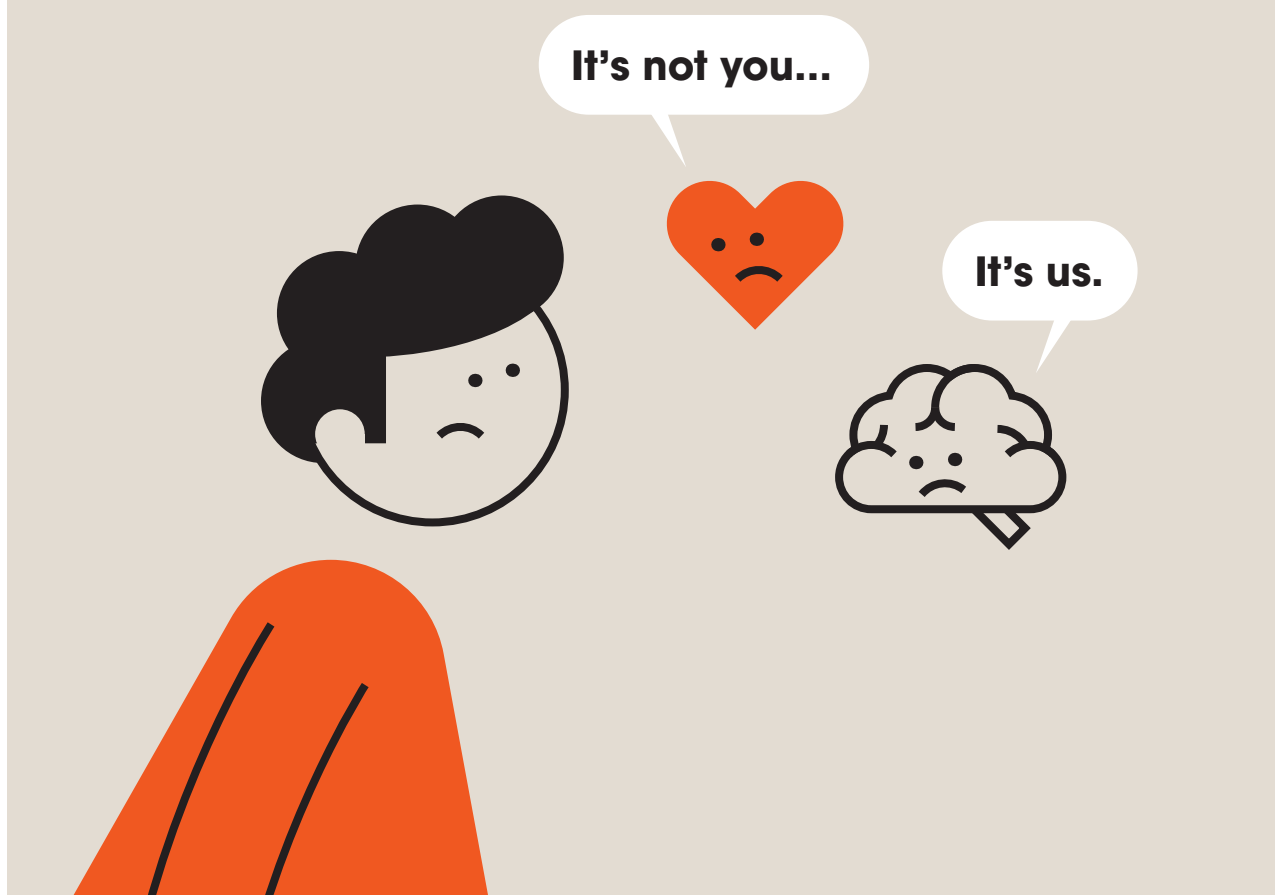
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TIPS TO BOOST YOUR WELLBEING

In the summer of 2021 I will

-
-

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):

Time	Action	Description

The last couple of months were a roller coaster of

- feelings:
- thoughts:

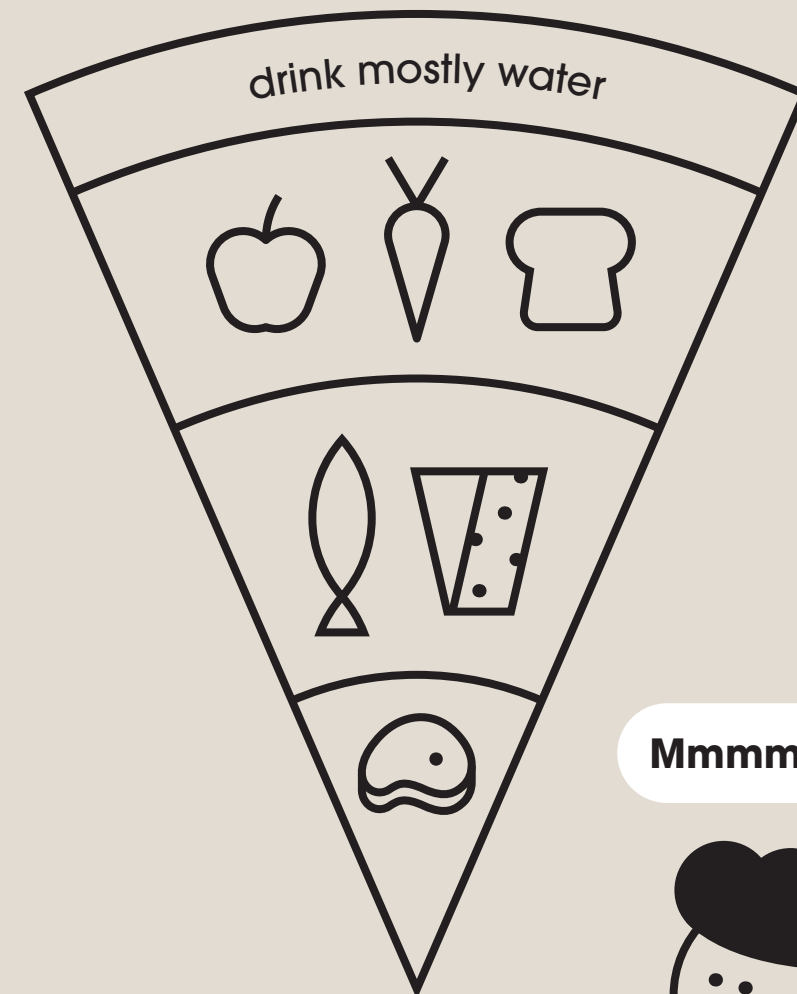
Get moving and go outside



Things that stimulate me to go outside:

-
-

Eat healthy and balanced



Mmmm... Pizza!



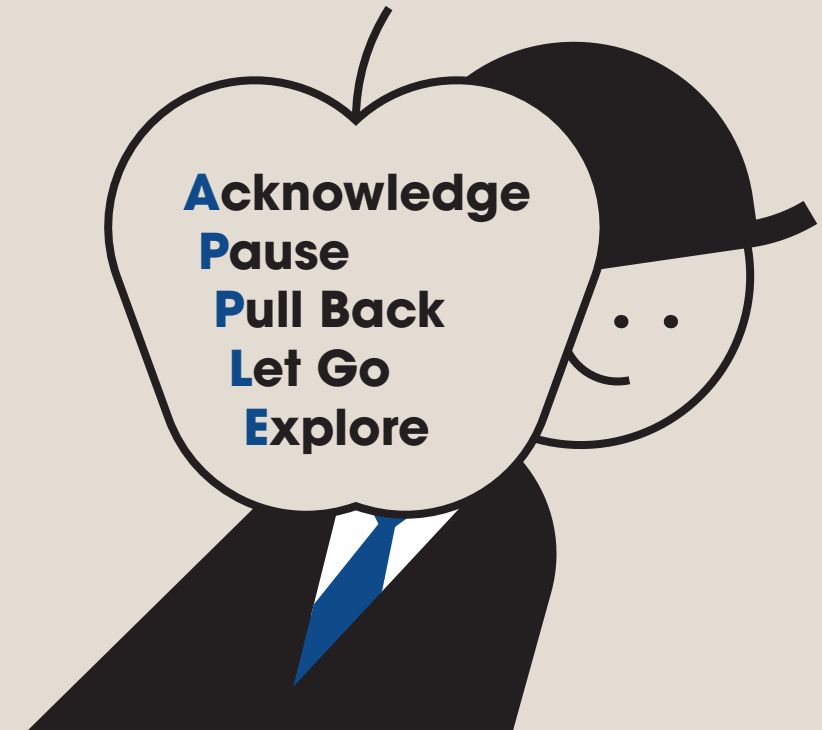
Stay in touch with your friends / family
/ fellow students (online or in real life)



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

-
-

Acknowledge your emotions,
but don't let them control you



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.

Take at least one moment
a day just for yourself



Enjoy the little things consciously
and be grateful for them



I give myself some me-time by

-
-

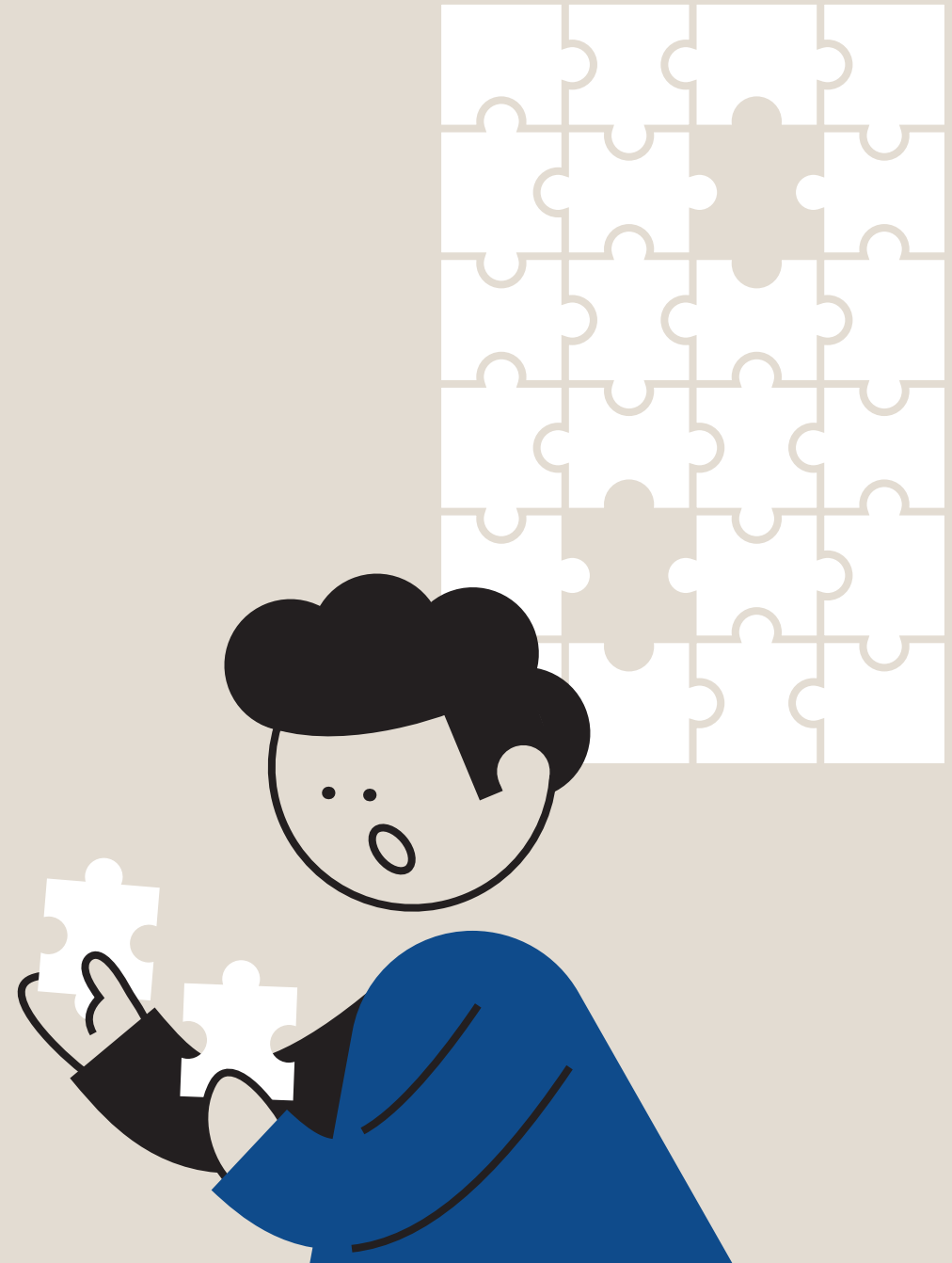
The last couple of months, I enjoyed these little things:

-
-

Emphasize the things
that are still possible



Put your problems / situation
into a broader perspective



The last couple of months, I could

-
-

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? ...



Now

Later

No

Let it go!
Let it go!



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 off steam, look for some distractions, go with the flow



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:

-
-

Reward / Reinforce yourself

Pat on the back!



Resources

- **Family**
- **Friends**
- **Fellow students**
- **Website**
student.vub.be/leave-no-one-behind

And what about us?



I am actually really good at/in:

-
-

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



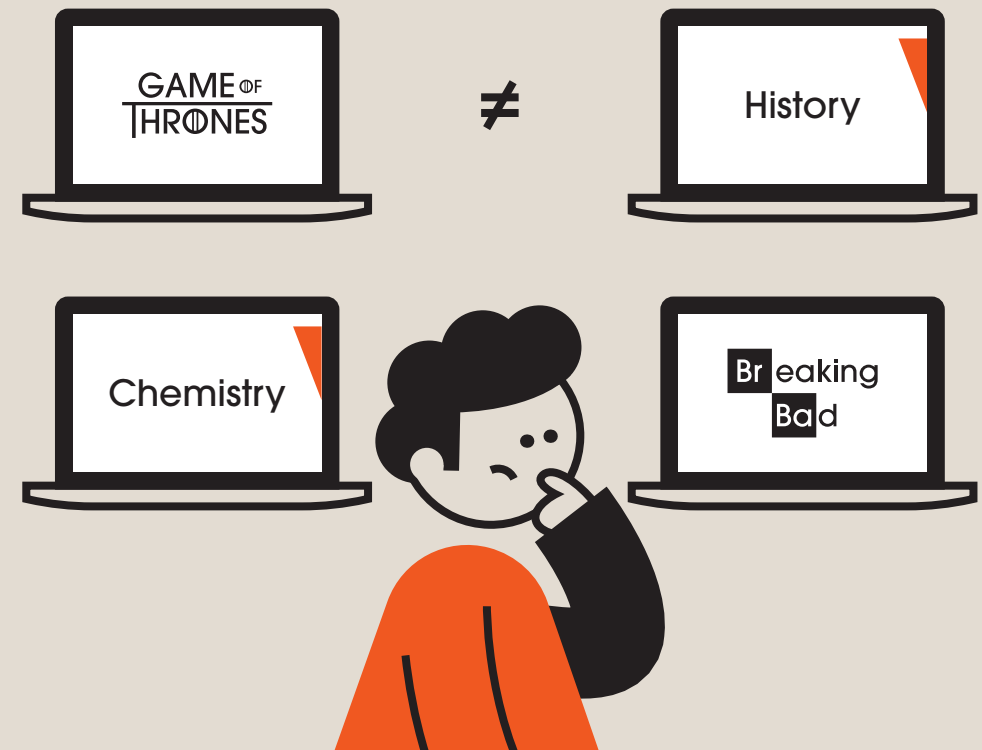
TIPS TO BOOST YOUR STUDYING

Create an overview of all
your to do's for your studies



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 / ...

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



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

My brain is in top shape
at this place:

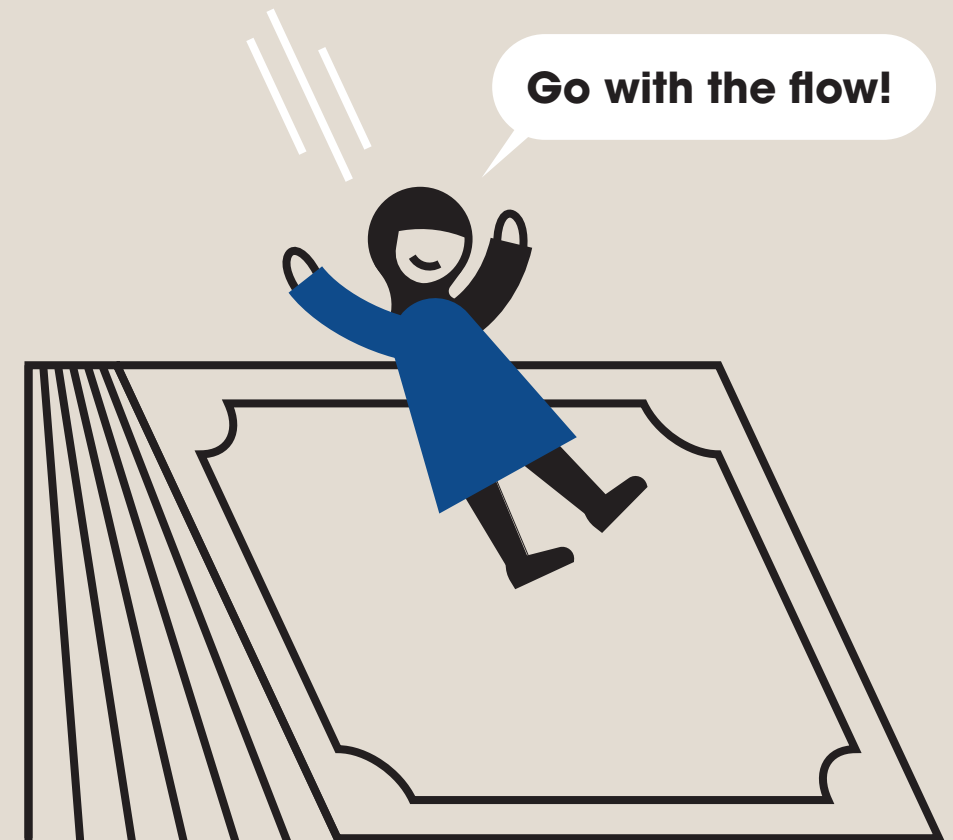
At these moments, I want
to let go of studying:

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!



I get in my study flow by

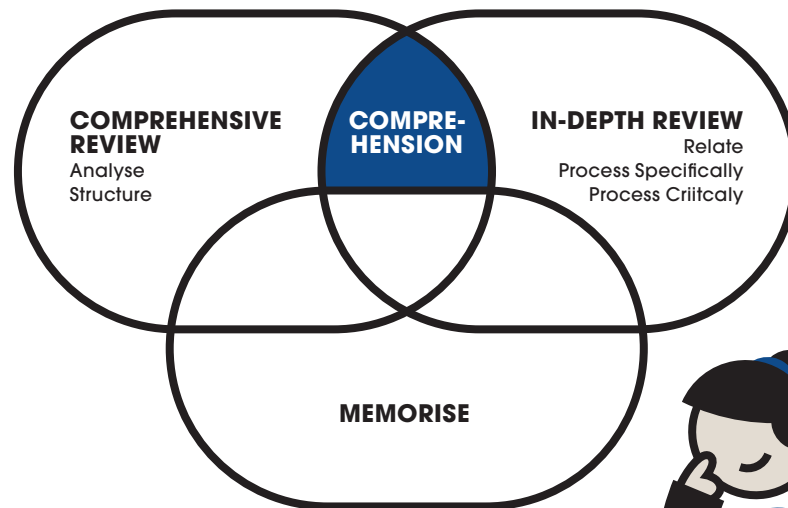
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Study actively, strategically
and with understanding

Orientation and determining your approach



Processing



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



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



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