



My experience during COVID-19: Working in a care home and studying



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■ Essential worker and studying at home

What are your top three tips for other learners in your position?

Take a break if you can

Keep going and don't give up

It's okay to have down days and not feel 100% all of the time

What things have you been doing to ensure that you're still learning at home?

I've been making sure I **dedicate hours** to college work and completing the tasks I've been given.

How has coronavirus changed the way you work?

Everything has become a lot busier! Working in the care home, many things have changed, including my uniform and the way I do my job.

Learning from home has been a little harder but the work set is a good amount and I'm still able to keep up with my tasks. I am slowly adjusting!

How have you looked after your health and wellbeing outside of work?

I have started to learn **sign language**, starting with smaller gestures and phrases to begin with

I've also been ensuring that I go for daily walks to keep my mind and body active.

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