



My experience during COVID-19: Studying from home



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■ Studying at home

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

To take care of your mental and physical well being

To stay creative

To accept that some days may be more positive than others

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

I love learning and keeping busy so I have been constantly looking for things to do for example editing my assignments, learning how to play the guitar, listening to music and supporting other artists who may be struggling.

My lecturers have been really supportive and have made sure I have as much help and guidance as I need with my work. They have also helped me to stay focused and positive.

How has coronavirus changed the way you work?

It has become a lot harder to keep on track of everything whilst working at home as I am used to performing with my band on a regular basis. However, to help with this I have been keeping in touch with my friends and band members to keep each other positive during this time.

I am also a part time teacher to young aspiring singer song writers which I have had to stop and can't wait to get back into.

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

I love listening to music and writing songs as this keeps me productive and entertained.

I have also used this time to reflect on my thoughts and mindset and to stay positive and to love myself more and become the best version of myself.

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