



## My experience during COVID-19: Studying at home and working as an essential worker



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■ Essential worker and studying at home

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

Stay active - even a walk can help

Change up your days with different activities

Keep on top of your workload so you don't fall behind

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

I am currently studying for my course at home with the use of Microsoft Teams to communicate with the rest of my class and my teachers.

I set aside periods to do course work, that correlates to my timetable at college. I work as I would at college which means I have some free time in the evenings.

I have ensured that I have a good workspace, I have moved my room around to have a working desk away from any distractions.

#### How has coronavirus changed the way you work?

I now have more free time when I am not at work which has made it easier to study at home.

The other change is that I have not had face to face learning but I have kept in touch with my teachers via Microsoft Teams.

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

I have started to get into cooking as it's something I can do to pass the time.

I have also been taking my dog on more walks, to stretch my legs and get some fresh air.

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