



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



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Level 3 Public Services Extended Diploma

■ Essential worker and studying at home

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

Make sure to stay on top of your workload and submit it on time

Stay positive and happy

Exercising and learning new skills is key

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

I have kept to a good sleeping pattern, doing daily exercise to keep my mind and body healthy.

I have also set a plan for the day, for example setting timers for when to work and when to relax.

How has coronavirus changed the way you work?

I feel it's been a challenge that I have now adapted to. I work as a shop assistant in a supermarket and I am classed as an essential worker, I like that I can help others and provide them with food and essentials in these difficult time.

I have also adapted to learning from home, getting on with jobs that needs to be done and completing various tasks online that my tutor and other teachers have set me. This has shown that I am still able to work and learn from home and I have enjoyed that.

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

I have been exercising everyday for example going out on my bike, going for a run or doing a skipping workout. I have also been focusing on eating healthy by not snacking on bad foods and keeping a positive mindset.

The little things that I have done to keep happy is to listen to music, talk to my friends and play on my Xbox.

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