


A flying start to your studies at Hanken

Study efficiency and motivation | 27.8.2021

Alexandra Ohls, Study coach



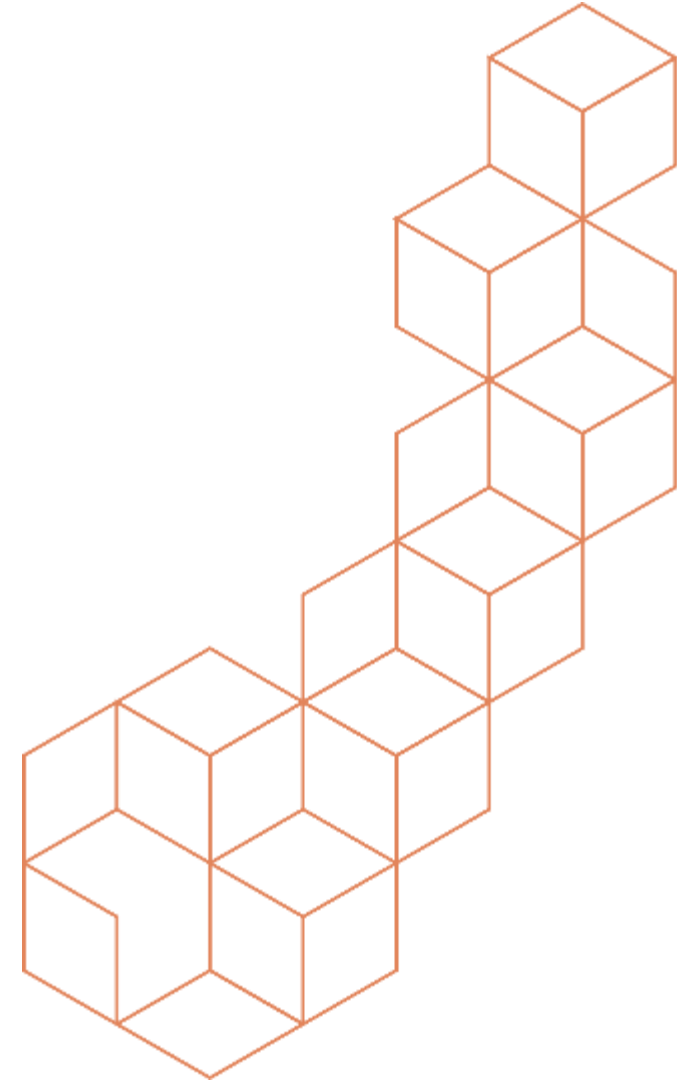
“Sleep is the most productive time of our day.
We get more work done when we are sleeping
than when we are awake. It’s just a different
kind of work, but equally or more important.”

Robert Stickgold, Professor, Harvard Medical School

Work smart, not hard.

Agenda

- Creating sustainable (study) routines
- Study efficiency & motivation
- Your plan for the autumn



Creating sustainable (study) routines





The basics

- Sleep
- Exercise
- Sitting vs standing
- Healthy diet





Sleep

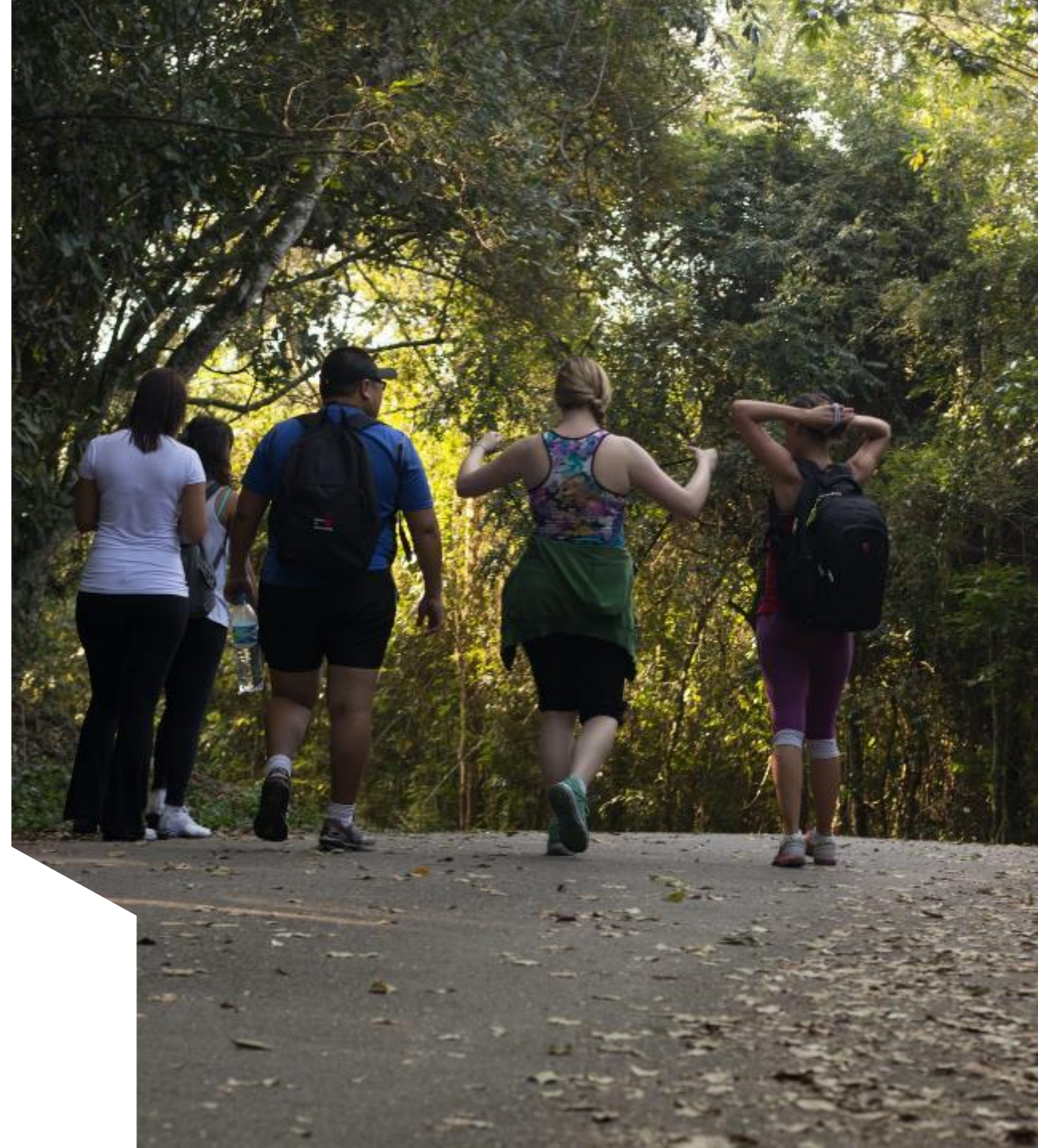
- Regular sleeping routines
- Prioritise sleep
- Remember that a small change can make a big difference
 - Example: What effect would 15 mins more sleep per night have for you?
- Don't stress too much about sleep, but try to make enough room for it

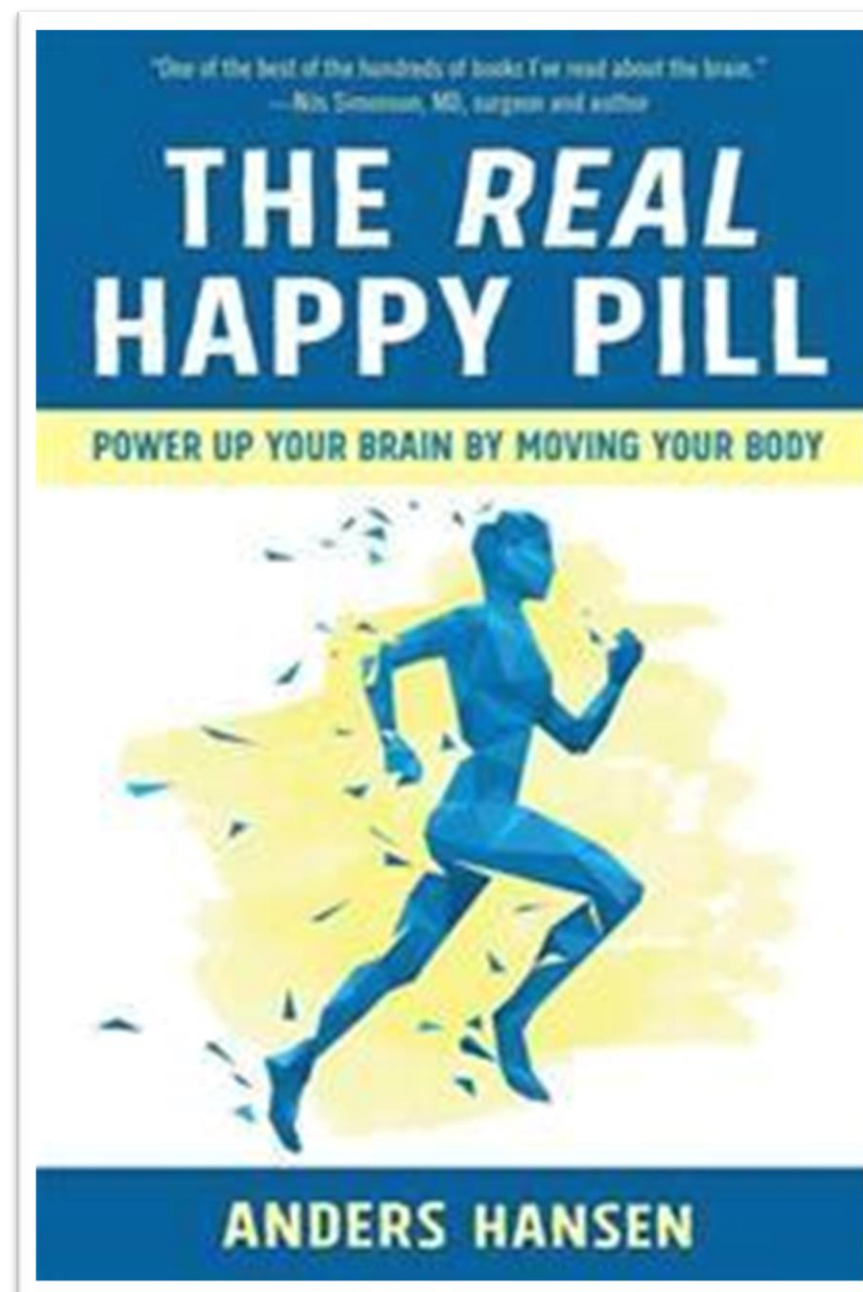
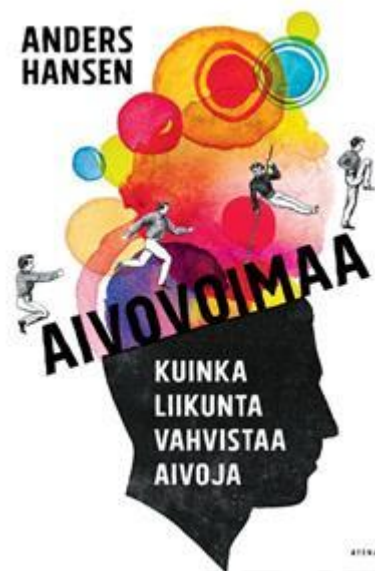
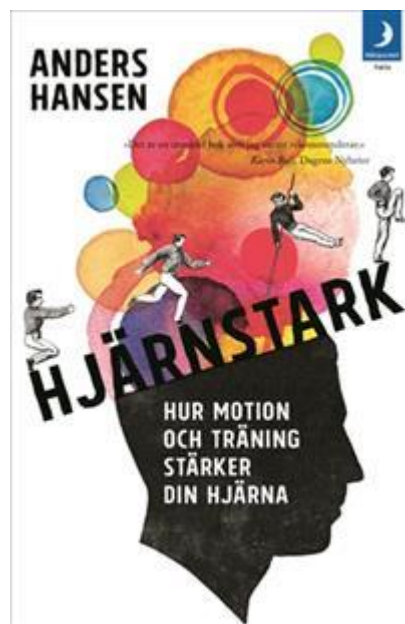





Exercise & learning

- Research shows that exercise increases learning
- If you need your intelligence, activate your brain by moving about for a few minutes
 - For example do a short workout before a lecture – a couple of minutes is enough!
- If you need to learn something difficult, be active. At least stand up.
- Light exercise can also prevent e.g. seasonal depression







Sitting vs standing

- Research shows that sitting less has positive health effects
 - Notice when you feel stiff and should stand up
 - Use reminders to get started
 - Be creative!
 - Form new habits, e.g. stand or walk about when talking on the phone
- Short breaks often (e.g. 2 min walk every 30 mins) recommended

Arto Pesola, Doctor of Philosophy (Sport and Health Sciences)



Study efficiency & motivation



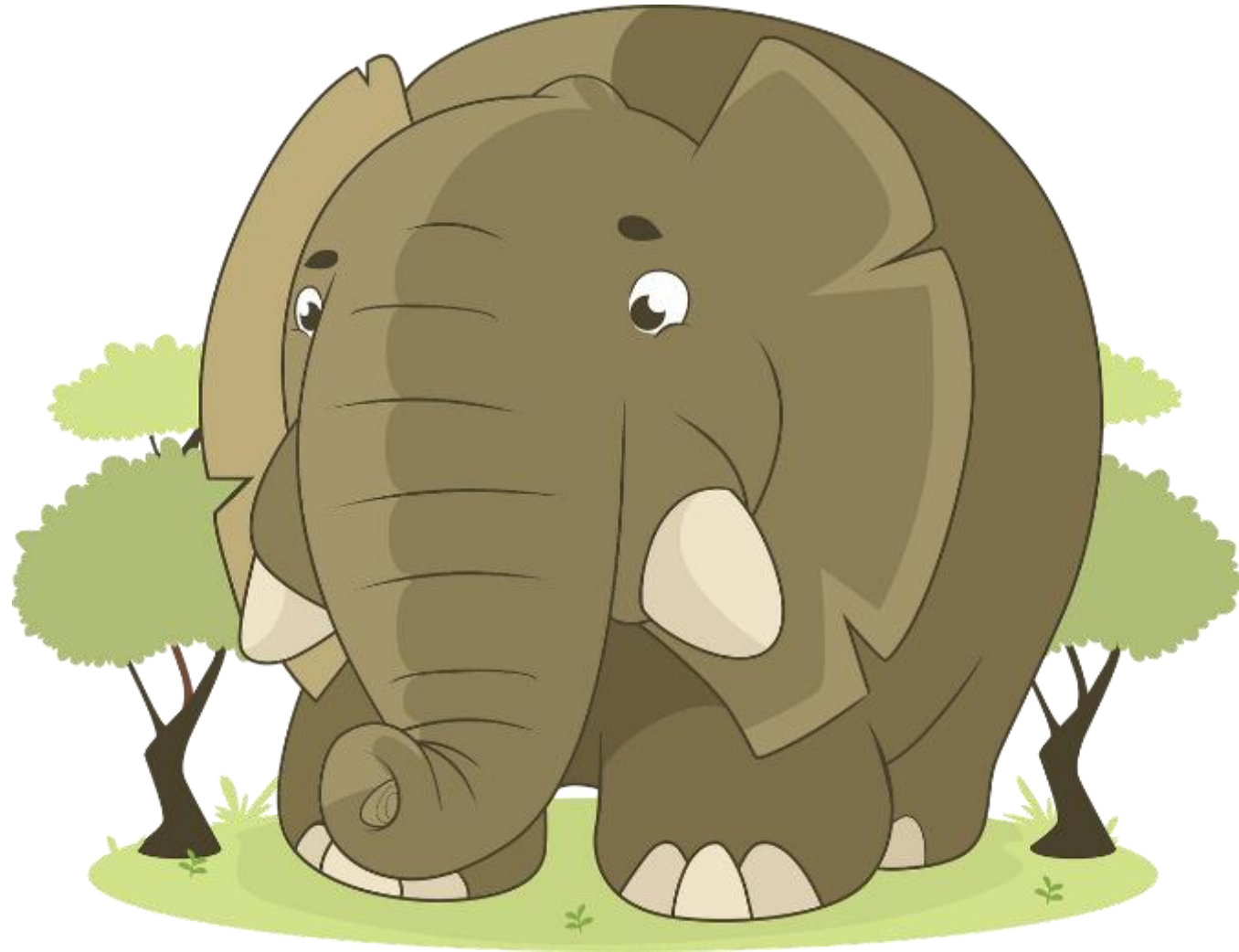
Inspiration → Motivation → Action


Action → Inspiration → Motivation





Sub goals





Deep work

- Uninterrupted, focused intellectual work
- 4 hours/day (maximum)
- Shallow work
 - Email, planning your work, searching for literature, admin, etc.

Cal Newport: Deep work – rules for focused success in a distracted world





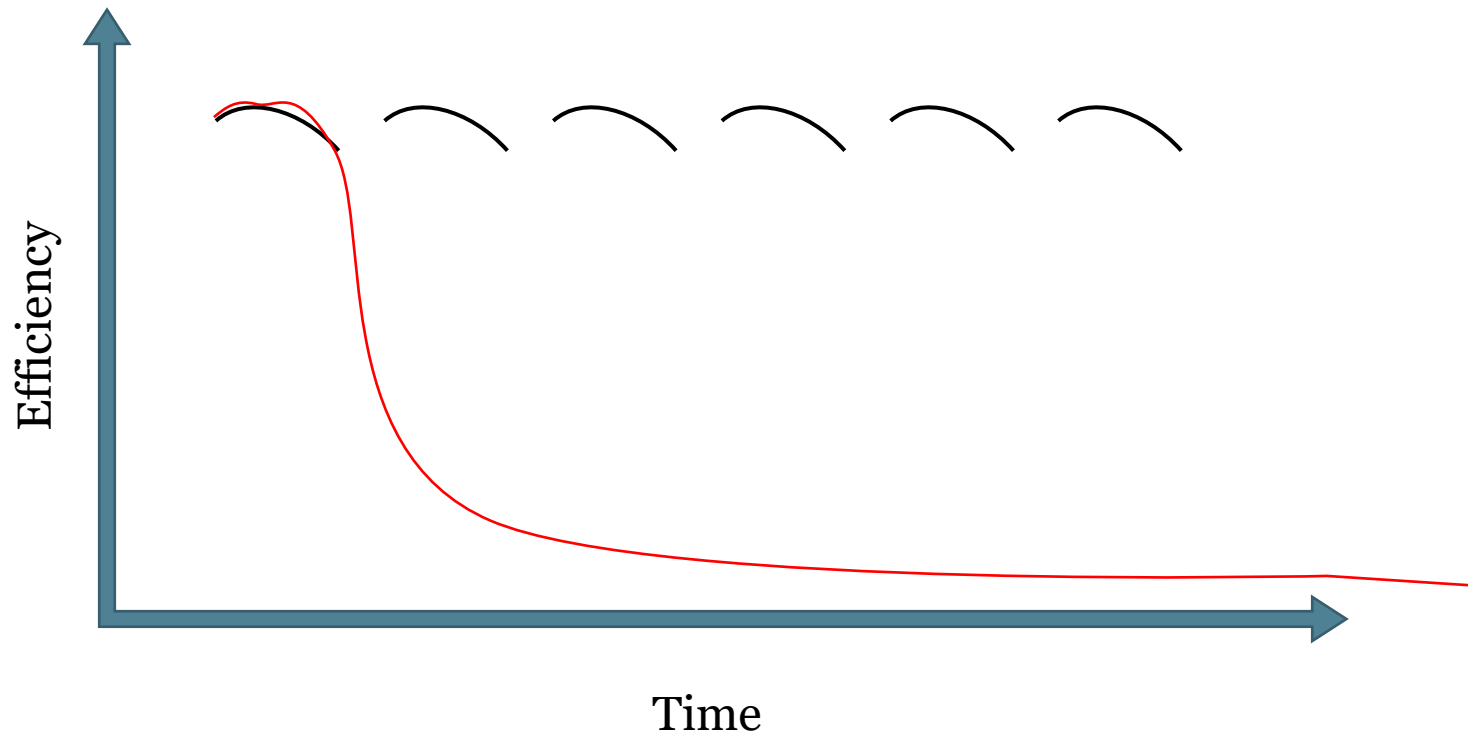
Reflection

- When are you at your best during the day?
- When is the best time for you to concentrate on reading or writing?
- When do your energy levels usually go down?
- How can you take this into account when you plan your days and your week?



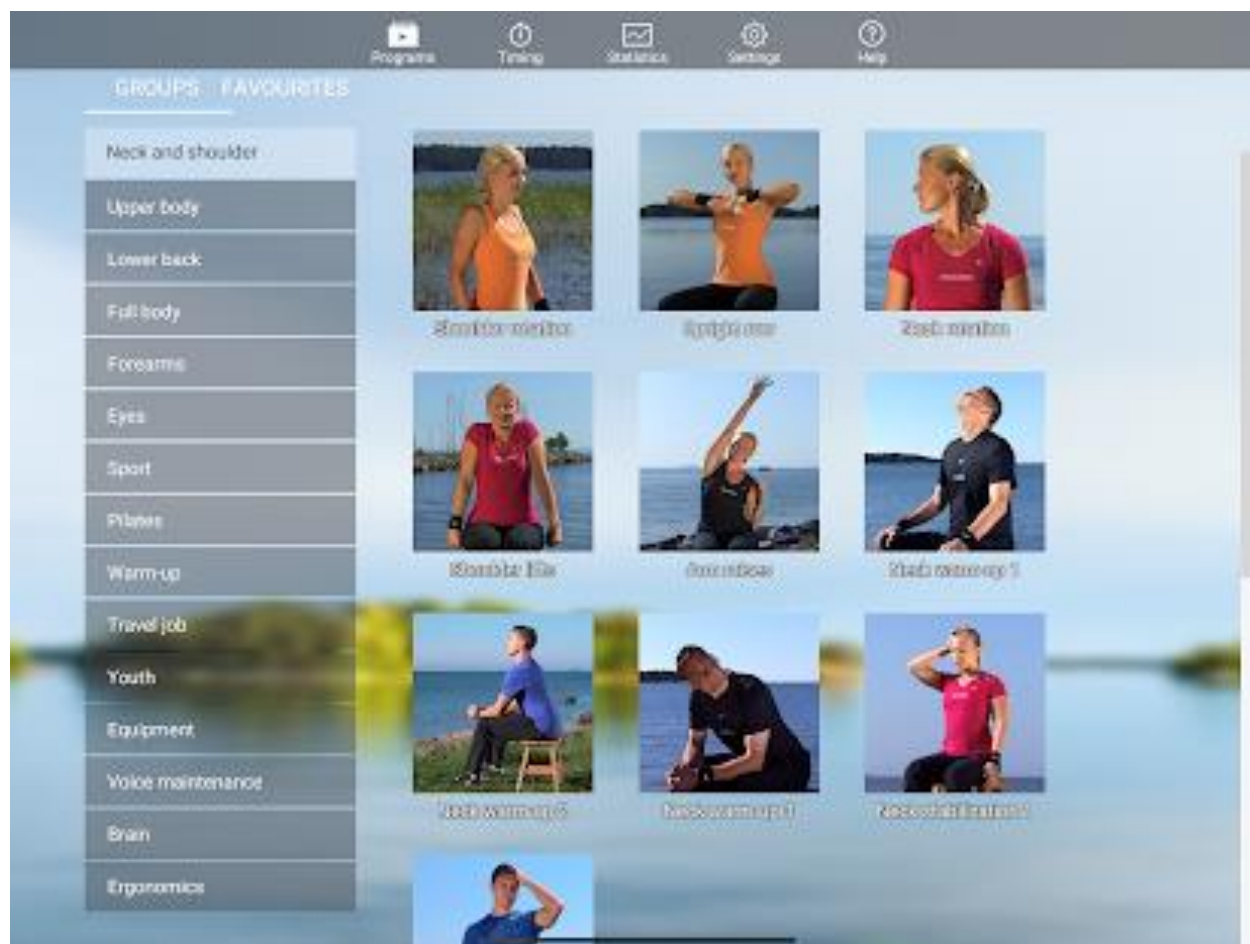


Studying efficiently – the importance of taking breaks





Break Pro app



Tips for efficient planning

- Long-term planning
 - Add all lectures and deadlines to your calendar
 - Check the requirements for the different courses and set sub goals for yourself
 - Plan when you will work with the different courses and coursework
- Weekly planning
- Daily planning
- To do lists
- Prioritise
- The 3 most important tasks of the day – start with them!
- Make a "have done" list (Ta-da! list)
- 3 things I am happy with today
- Reflection at the end of the week



Remote studies

- What can you do to make the best of the situation?
- What do you need in order to stay motivated and stick to your routines?
- How do you separate your studies from your free time?
- What can you do to make sure that you have enough social interaction – online or face-to-face?



Your plan for the autumn





Your plan

- List 1-3 things that you will start doing or do differently as of now? Which one is most important to you?
- When will you start?
- How will you make sure that you actually do what you have planned? That you remember to do it?
- What effect will this have for you and your studies? How will it make you feel?



Study coaching





When should I contact the study coach?

- Time-management and planning
- Difficulties getting started, procrastination
- Nervous or anxious because of an exam or a presentation
- Lack of motivation
- Worry about the future or career choices
- High demands on yourself
- Feelings of stress, burnout or loneliness





Alexandra Ohls, study coach

- Certified coach / ICF Associate Certified Coach
- Coaching offered via Teams (45 mins/session)
- 1-3 coaching sessions/student offered during the academic year
- More information and how to book your session:
<https://www.hanken.fi/en/students/study-services>
- The coaching sessions are confidential and free of charge
- Contact information:
050 4136 802
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Welcome to Hanken!

Hanken