



SURVIVAL GUIDE FOR STUDENTS *in times of Covid*

VRIJE UNIVERSITEIT BRUSSEL

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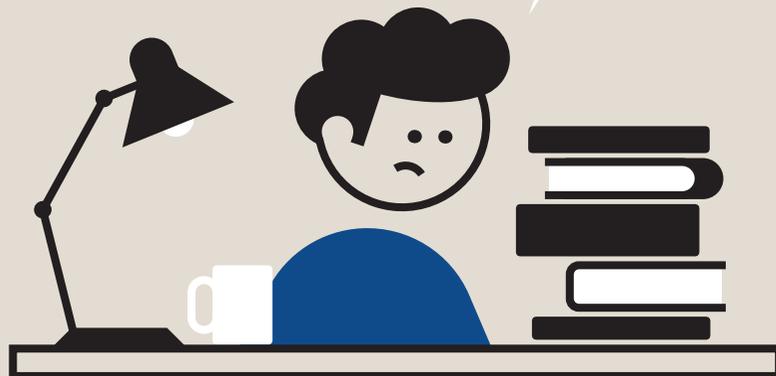
Studying before 2020

Prosit Corona!



Studying after 2020

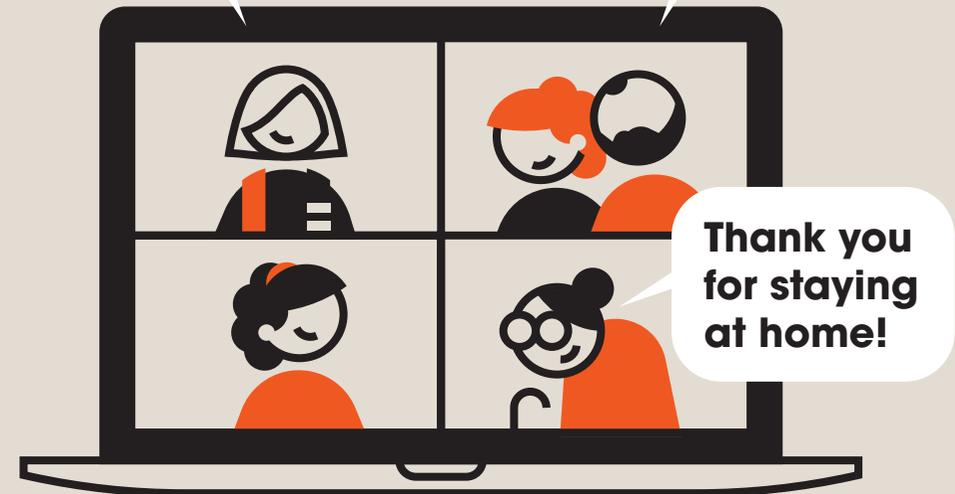
Fucking Corona!



Dear students, our deepest respect for what you are doing right now!

Keep up the good work!

We're proud of you!



Thank you for staying at home!

I deserve a standing ovation because I

.....
.....

It's ok not to be ok
in these circumstances



OK

Have faith in yourself

I CAN'T
DO IT!



Things that help me to get through this period are

-
-

It's almost over
The vaccines are coming



A

TIPS TO BOOST YOUR WELLBEING

In the summer of 2021 I will

-
-

You are ok just the way you are with all your feelings and thoughts



Try to create a daily routine and make sure you have some kind of structure



My daily structure (including daily activities such as getting up, lunch, ... and leisure time):

Time	Action	Description

The last couple of months were a roller coaster of

- feelings:
- thoughts:

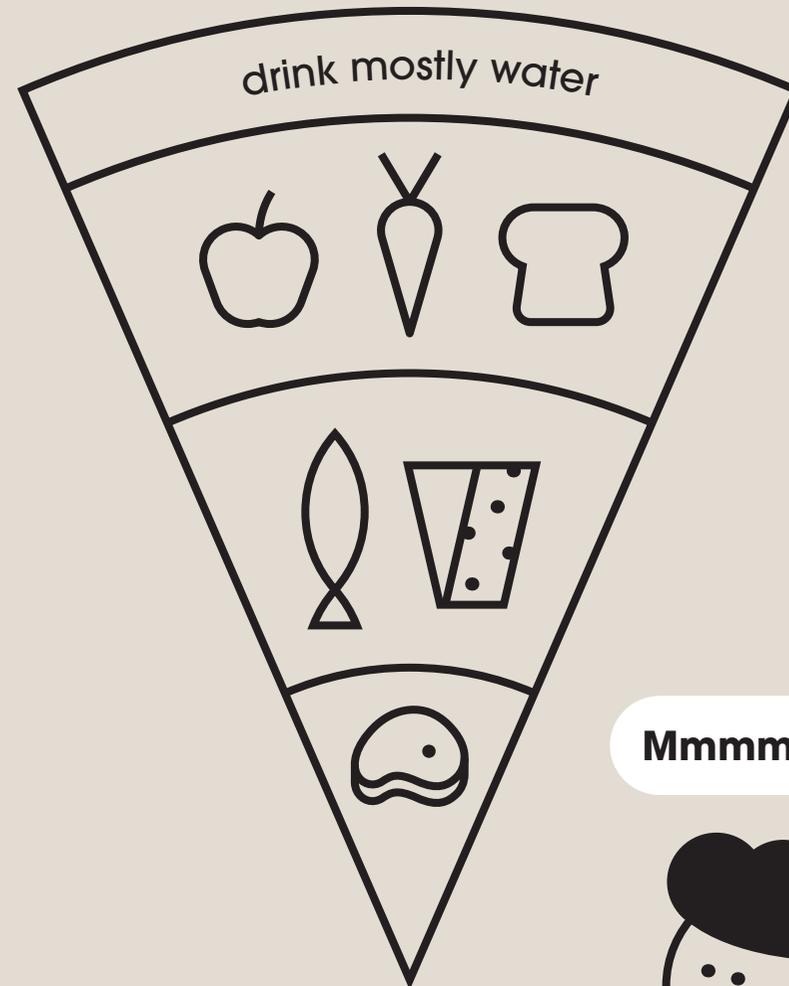
Get moving and go outside



Things that stimulate me to go outside:

-
-

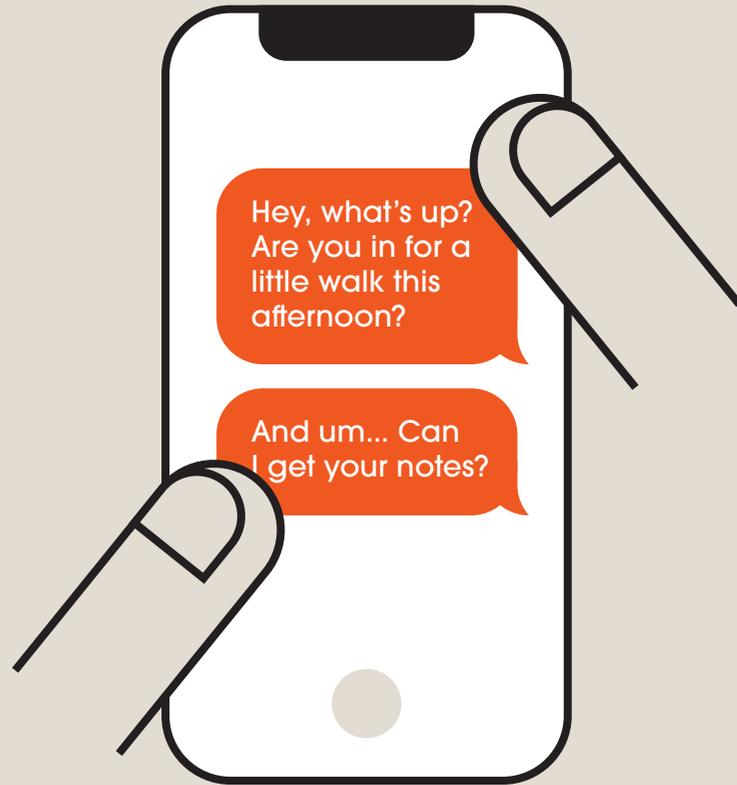
Eat healthy and balanced



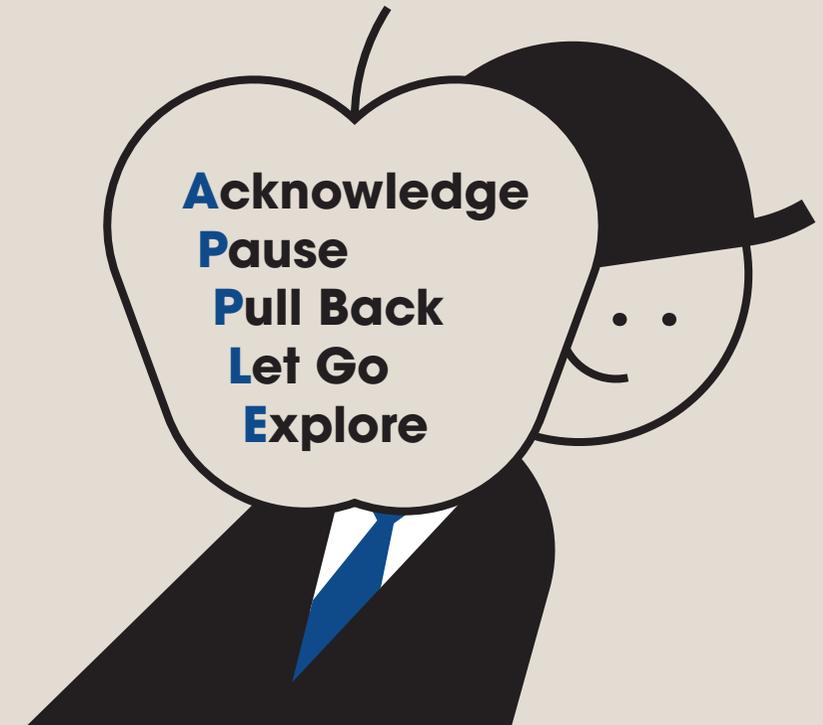
Mmmm... Pizza!



Stay in touch with your friends / family / fellow students (online or in real life)



Acknowledge your emotions, but don't let them control you



These people made the last couple of months more beautiful, just by being there:

-
-

Acknowledge: Notice and acknowledge the emotions as they come to mind. They are normal, and it's ok that you experience them.

Pause: Don't react as you normally do. Don't react at all. Just pause, and breathe.

Pull Back: Distance yourself from your thoughts. Let your emotions just be, and your thoughts aren't statements or facts.

Let Go: Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.

Explore: Explore the present moment, because right now, at this moment, all is well. Notice for example, your breathing, and the sensation of breathing. Then, shift your attention to something else, e.g. your assignment that you were trying to finish before you got overwhelmed by those feelings.

Take at least one moment
a day just for yourself



Enjoy the little things consciously
and be grateful for them



I give myself some me-time by

-
-

The last couple of months, I enjoyed these little things:

-
-

Emphasize the things
that are still possible



Put your problems / situation
into a broader perspective



The last couple of months, I could

-
-

Take action on those problems that you can solve (in this moment)

Dare to put yourself out there, dare to ask for help, dare to be vulnerable because it's a strength

Recognize the worries
What am I worrying about?

.....

.....

.....

**Can I have impact on it?
Is there a solution for this?**

Yes
ACTION: Make a plan
What? When? How? ...

No

Now

Later

**Let it go!
Let it go!**



Going through a bad patch? These people are my personal energy boosters:

-
-

Let off steam, look for some distractions, go with the flow



Be kind and not too hard on yourself



I'm with my head in the clouds if I

-
-

I turn my back on these negative thoughts about myself:

-
-

Reward / Reinforce yourself



Resources

- **Family**
- **Friends**
- **Fellow students**
- **Website**
student.vub.be/leave-no-one-behind



I am actually really good at/in:

-
-

TIPS TO BOOST YOUR WELLBEING

1. You are ok just the way you are with all your feelings and thoughts
2. Try to create a daily routine and make sure you have some kind of structure
3. Get moving and go outside
4. Eat healthy and balanced
5. Stay in touch with your friends / family / fellow students (online or in real life)
6. Acknowledge your emotions, but don't let them control you
7. Take at least one moment a day just for yourself
8. Enjoy the little things consciously and be grateful for them
9. Emphasize the things that are still possible
10. Put your problems / situation into a broader perspective
11. Take action on those problems that you can solve (in this moment)
12. Dare to put yourself out there, dare to ask for help, dare to be vulnerable because it's a strength
13. Let off steam, look for some distractions, go with the flow
14. Be kind and not too hard on yourself
15. Reward / Reinforce yourself



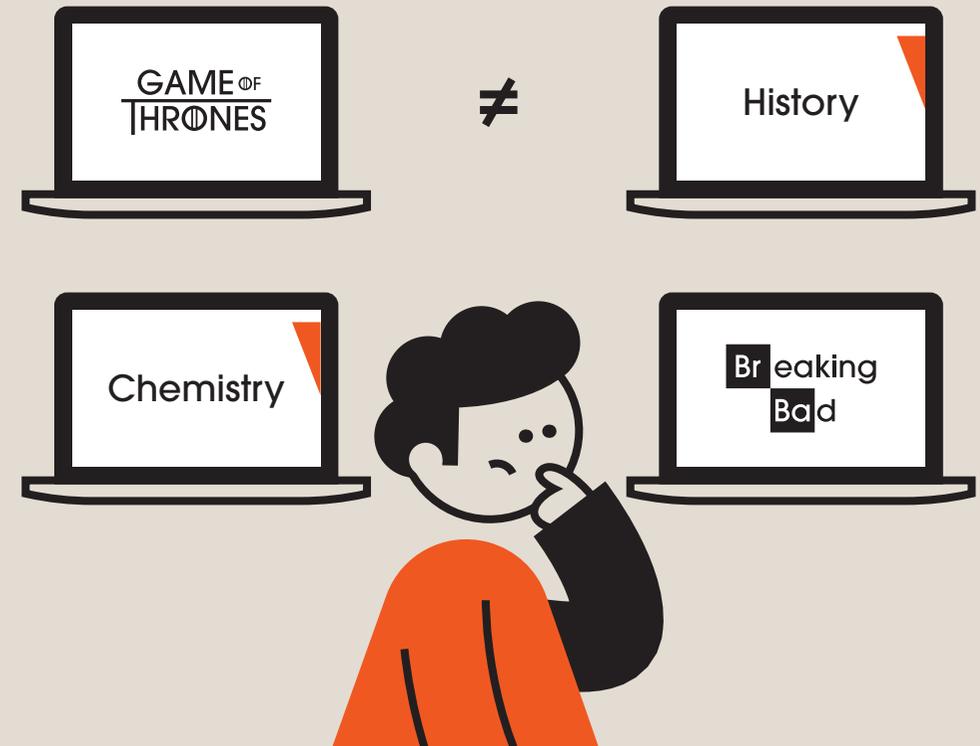
TIPS TO BOOST YOUR STUDYING

Create an overview of all your to do's for your studies



The first step is to know what's expected from you for each course! Don't worry if this takes some time. Allow yourself to get used to a new course / professor / ...

Make a clear distinction between your study time and your spare time



At this time of day, I am the most productive:

.....

My brain is in top shape at this place:

.....

At these moments, I want to let go of studying:

.....

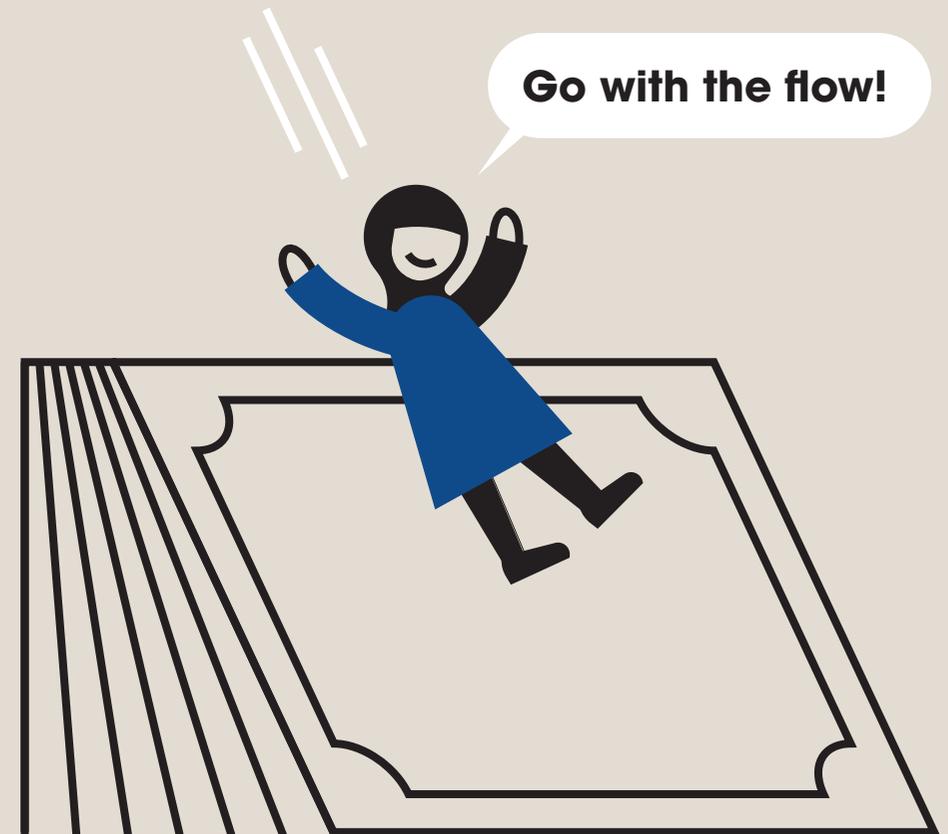
When I'm here, it's easier for my mind to find some peace:

.....

Define concrete and realistic study goals



'Go for it'; find your study flow!



I get in my study flow by

-
-

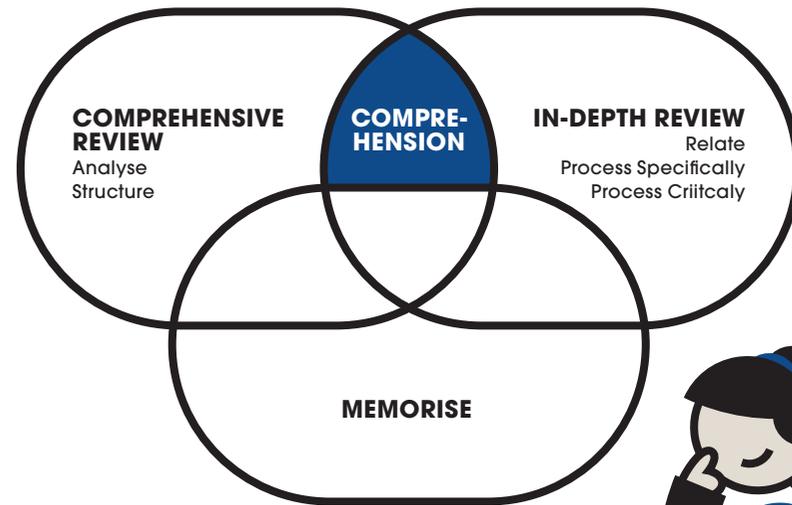
Study actively, strategically and with understanding

Resources for studying

Orientation and determining your approach



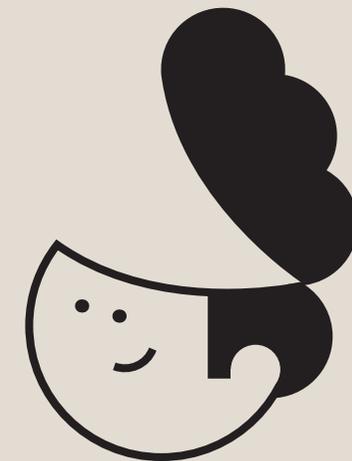
Processing



Repeating and checking

- **Fellow students**
- **Professors / Assistants**
- **Study Guide / Studeerwijzer** (book)
- **Website**
student.vub.be/studiebegeleiding/tips-tricks

Don't forget about me!



TIPS TO BOOST YOUR STUDYING

1. Create an overview of all your to do's for your studies
2. Make a clear distinction between your study time and your spare time
3. Define concrete and realistic study goals
4. 'Go for it'; find your study flow!
5. Study actively, strategically and with understanding



Dear Students,

Each day, many of you show resilience, strength, creativity and solidarity. But the burden on all of you is equally high and is for sure difficult to carry for each of you at different moments in different ways. Together with you, I am looking forward to the welcome break that spring hopefully will soon bring to all of us.

I was impressed by the courageous Amanda Gorman, who embodied the strength of your generation and these are her words:

“For there is always light, if only we’re brave enough to see it, if only we’re brave enough to be it.”

Rector Caroline Pauwels

