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| **Topic** | **Yes/How?** | **Pitfalls/No/How?** |
| Locus of control  *Focus on what is inside of your control and not on things you can’t control* |  |  |
| Structure  *Create a routine. What do you want to do in terms of study and outside of study.* |  |  |
| Study environment  *Clear study environment from distractions (phone/webwhatsapp). Inform roommates. Study room is often same room as bedroom. How can you make a distinction?* |  |  |
| Health  *diet, exercise, screentime.* |  |  |
| Connectedness  *Social contact is essential for mental health. Who are the most important people in your environment. How do you stay connected?* |  |  |
| Gratefulness  *Reflect daily on things you are grateful for. This heightens well being and strengthens resilience.* |  |  |
| Novelty  *Think about new things to keep your mind stimulated. Read a different book, learn an instrument, meditate, cook new recipes.* |  |  |