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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.* |  |  |