

How to Study at Home | 11 Effective Tips

Are you stuck (*coincés, plantés*) at home and unable to go to school, university or work?

Well here are 11 effective tips (*conseils, astuces*) to help you study at home.

Let me know which one is your favourite and if you have any other great tips to share.

Today I'm gonna give you 11 top tips to help **you** study at home more effectively so that you can make the most (*profiter de, utiliser au mieux*) out of your time. It can be so useful for you guys that can't go to work to school or university right now. Now I know we're living in uncertain times but let's turn a negative into a positive. So if you're ready let's do this.

#1 - STUDY IN SHORT SUSTAINABLE (*viable, durable*) AMOUNTS

The first thing we need to do is set the right conditions. So, I want you to think about studying in sustainable amounts, okay? I don't need to study for three hours and get completely shattered (*crevé, épuisé, lessivé*) and then not be able to study for the rest of the week. No, no, no, no I want you to study in short sustainable amounts. Okay? It could be ten minutes, could be twenty, maybe thirty. Thirty sounds like a good amount to me, a 30-minute chunk (*morceau, tranche*) of study. Then you stop and you do something else. Now thirty minutes I think is perfect because it helps us to avoid boredom (*l'ennui*), alright? It helps us to avoid fatigue and it helps us to avoid (*éviter*) burnout, okay, which means that we can't continue to do this thing. So thirty minutes, maybe a couple of times (*deux ou trois fois*) a day or couple of times a week, whatever you can do, that's perfect.

#2 - SET YOUR BACKGROUND NOISE / MUSIC

Now number two is noise (*le bruit*); Let's think about this because this is really important. Some people like to study in complete silence, all right, that's fine. Some of you might not be able to get silence, okay, maybe you're in a very busy building lots of flats above you (*plein d'apparts au dessus*), lots of noise or a busy neighborhood (*environnement animé*), so you might need some kind of noise to, to drown that sound out (*couvrir*). So you've got a couple of options, right? Personally I quite like working to music. I particularly like instrumental music okay, so music with no words. So I can just listen to the beat (*rythme*) and it gives me a rhythm to my work. Now personally I've got one favorite, it's called 'low five beats playlist' and it's on Spotify. Now that's my personal favorite but you probably have something different. If you don't have Spotify there are so many other ways to get playlists. If you go on YouTube and you type in (*taper, saisir*) 'focus' you're definitely (*à coup sûr*) gonna get some great playlists. Now focus playlists are really good for helping you to avoid being distracted (*distrain*). You could also just type in 'instrumental playlist' and I'm sure you'll get some great results from there as well. So if you like music then I would suggest go for an instrumental playlist.

Now if you don't like music but you also don't like silence, well what are you gonna do? I've got an app for you it's now Coffitivity is a website that's absolutely free (*gratuit*) and it provides ambient noise for you. So if you want to simulate the sounds of a coffee shop you can click that option. If you want the sounds of forest then you can put that on. If you like the sound of flowing water or rain they've got that option as well. So it is great if you don't want music and you also don't want silence go for some background noise (*bruit de fond*) and Coffitivity.

#3 - PUT YOUR PHONE AWAY (*ranger, éloigner, mettre de côté*)

Number three is maybe the most important: put your phone away. Okay? I know I'm telling myself this, don't worry I'm telling you and I'm telling me. We all need to put our phones away. If we're gonna try and study and focus on (*se concentrer sur*) one thing, we need to get rid of (*se débarrasser de*) that phone, okay? Not just down (*en sourdine*) or turned over (*retourné*), no. Away, out of sight (*loin des yeux, hors de vue*), okay? Now studies have shown that if you have your phone within sight of you (*à portée de vue, sous les yeux*) then productivity is reduced by 40%. So if you're wanna focus on studying, do that, okay? Put your phone away, put it in your bag, put it outside your room (*dans une autre pièce*), whatever it is. Okay, so it doesn't distract you. Then in your break time (*une pause*), yeah, go on Instagram, go on tinder whatever you need to do, right? But whilst (*pendant que*) you're studying it's a no-phone zone, mmm.

#4 - GET UP AND MOVE YOUR BODY REGULARLY

Now exercise is really important, guys. I'm not talking about going to the gym (*salle de sport*) or you know going for a huge run (*longue course*), I'm not talking about that, just general movement is really important. So I saw an expert talking about how they suggest after every 45 minutes you need to move, okay. So perhaps you should set your timer (*mettre la minuterie*) on your phone for 45 minutes and then that will remind you to (*vous rappeler de*) move. So go upstairs or just walk around the room or maybe do 10 press ups (*des pompes*) or whatever it is that you think you should do (*devriez faire*), do that, okay? So a little bit of exercise is really important, it helps to reset (*remettre à zéro, réinitialiser*) your brain (*cerveau*) as well, you kind of get up maybe go make a cup of tea, come back and you're refocused (*se reconcentrer*), okay? You just can start again. So exercise is really important every 45 minutes.

#5 – CHECK YOUR POSTURE FREQUENTLY

And this leads onto number five. I love this one. This is all about posture (*position, posture*), okay? When we're studying and we're on a computer we're hunched over (*voûté, courbé*). Our posture becomes really bad, doesn't it? So I want you to think about your posture. I heard another expert talking about posture and saying that every 30 minutes you should readjust your posture, okay? Now the way to do that maybe set an alarm for every 30 minutes, or what you can do is, when you think about your posture, think about your shoulder blades (*omoplates*) and there being an orange in between. And you're squeezing (*presser, serrer*) that orange with your shoulder blades, so you're squeezing your shoulders back and squeezing that orange in, not so much that you make orange, juice not that hard, but enough so that improves (*améliore*) your posture and instantly you'll feel yourself rise up (*se redresser*) and your posture improve, okay. It's really important guys, don't be slouched (*avachi*) or slumped over (*affalé*) like this for hours, think about your posture.

#6 – USE YOUR WASHING MACHINE AS A TIMER

Number six is a fun little one and this is about productivity. So what I want you to do is use your washing machine (*machine à laver*) or your dishwasher (*lave-vaisselle*) as a timer (*minuteur*) for your studies. So let's say it's a washing machine, put your dirty clothes (*vêtements sales*) into the washing machine, press Start for a cycle, maybe it's a 60 minute cycle or a 90 minute cycle, press Start and then you start studying all right? And you study for the entire time that it takes for that washing machine to run and when it beeps at the end beep-beep-beep-beep or whatever the sound is, that's when you've finished your study session. And at the end of it, you've studied for an hour, an hour and a half and you've got clean clothes (*vêtements propres*). Amazing!

#7 – TAKE NOTES AND LEARN ACTIVELY

Now it's really important to not learn (*apprendre, étudier*) passively but to learn actively and that means (*cela signifie*) taking notes guys. So if you're watching a video like this one for example don't you sit there slumped to just be like oh yeah or whatever like on your phone or whatever, be active, okay? So I want you to be writing notes, taking notes, summarizing (*résumer*) the most important information that you hear. Maybe you've got a vocabulary journal, writing down the important vocabulary in that journal. So you are active as you are studying not just sitting there passively learning because frankly (*franchement*) I don't think you'll take as much in (*absorber, digérer*).

#8 – TEACH SOMEONE THE THINGS YOU LEARN

And this leads me to point number eight. The best evidence that you have learned something is that you can teach (*apprendre, enseigner*) someone else that information. So for example if you learn ten new phrasal verbs (*verbes à particule*) on a video, if you can then go and teach that to someone else, then you truly (*vraiment, réellement*) have learnt it, right? You've understood it, you've processed it (*traiter, intégrer*), you've understood it and you can pass it on (*transmettre*). So what I want you to do, is, after a study session, is to try and (*essayer de, tâcher de*) teach someone this information. Now it could be a study buddy (*pote pour bosser ensemble*), we'll get to that in a minute, so it could be your family or your friend, your housemate (*co-locataire*), your flatmate (*co-locataire*) or it could be just to yourself, alright? Make a video like I'm doing right now, just sit down, film yourself trying to explain the information that you've just learnt. So you'll find it actually really helps (*cela améliore les choses*), when you put the camera on, suddenly you are forced to articulate (*bien exprimer*) the information that you've just learned and it's actually (*vraiment*) quite hard, it's not an easy thing, it really tells you whether you know something or not. So that's an extra recommendation I have.

#9 – ORGANISE ONLINE STUDY SESSIONS WITH FRIENDS

Okay, now let's go back to that study buddy idea. Now right now many of you and me are locked down (*confinés*), right? We can't go anywhere. That doesn't mean that we can't hang out (*traîner*) digitally with people and socialize (*voir du monde*) and learn, okay? So get on to Skype or Google Hangouts or whatever system you use and study with people or speak with people, keep practicing in English, alright, so you Skype, find a study buddy, this is a great way to study and to keep social (*maintenir un lien social*), okay? Just yesterday I had a meeting with my friend Luke we were talking about a project that I'm working on and we live quite close to (*proche de*) each other but we were on Skype but it felt like (*on avait l'impression que*) he was there, it was fantastic. So yeah I'd really advise (*conseiller*) getting online, keeping social and studying with people.

#10 – HAVE A SPECIFIC GOAL (*but, objectif*) FOR YOUR STUDY SESSION

This is super important, it's to have a specific goal for every study session, okay? So if you're going to study for an hour and a half let's say, think about what goal you want, okay? At the end of it so maybe it's 'learn ten new phrasal verbs' or maybe it's 'read 20 pages of Harry Potter in English'. I think about a goal that you want to achieve (*atteindre*) before you start that study session, okay? So if we've got orientated then we know where we want to go with this day session, we won't get distracted (*se laisser distraire*), we won't get lost (*se perdre*), we won't lose momentum (*perdre son élan*). Keep focused, okay?

#11 – THERE ARE SO MANY GREAT ENGLISH RESOURCES

And my last tip is resources. There are so many online resources, you are so lucky in this day and age to be able to get any resource you want. So obviously (*à l'évidence*) YouTube is a great place to be, stay here, this is a wonderful place, amazing youtubers teaching you English just one example ' [Papa Teach Me](#)', amazing. Okay, watch his videos, they're so creative, check him out (*allez voir*). On Instagram again there are so many teachers on Instagram I can't mention them all. One that comes to mind (*me vient à l'esprit*) is the [Real Miss Honey Daisy](#), she's fantastic, she uploads (*poste, publie*) fantastic videos and resources, go check her out.

TV SERIES

Back on YouTube there are so many TV series that you can watch little clips, little two-three-minute clips. Use those. You don't need 30 minutes or an hour or a whole film (*un film entier*) you just need a few short minutes of really good intense English learning. So [Fleabag](#) is my favourite TV show, go check out, I think it's really funny. [Friends](#), I think, God why not use Friends, it's a brilliant resource for learning English. There are loads of (*des tas de*) clips of Friends on YouTube.

ONLINE LANGUAGE SCHOOLS

If you want structured classes then check out Lingoda. Lingoda, an online learning platform with lessons all the time. Go sign up (*ouvrez un compte*) to a course, this isn't sponsored and I'm not being sponsored by them, it's just a suggestion, okay?

WEBSITES

And finally I've talked about this website before, I love it, loads of teachers love this one, '[Lyrics Training](#)', okay? You can listen to a song and type in the words as you go, the lyrics (*paroles*) as you go, so it's great for listening and for pronunciation. It's really fun as well.

So there are so many resources, go check them all out, find the things that you love, go learn English with those things.

Alright guys, I hope you have found that useful (*utile*). Please share (*partagez*) it with anyone you know that's trying to (*essayent de*) learn English and in this difficult situation at the moment where they can't go outside or they can't work or study or go to university. Please share this with them let's, as I said, let's try and turn this negative situation into something positive. We can really focus on improving ourselves (*nous améliorer*), in learning new things and becoming more knowledgeable (*instruits*).

Please give this video a big thumbs up (*mettre une bonne note*) guys and of course I want to know, Where are you right now? Where are you watching this video? Are you ok? Leave me a comment below (*dessous*), just checking with me, give me an update (*tenez-moi au courant*) on your life, how you're feeling and yeah and I'll try and respond to that, ok? We're going to be all right ESD dreamers, thank you so much for watching this video, I really appreciate it. Keep in contact, keep positive and I'll see you really soon.

TOM <http://www.eatsleepdreamenglish.com/>