10 Tips On How To Study While You're Sick



It can be stressful to study for exams while you are sick. Follow these steps to help yourself recover without missing out on valuable exam preparation.



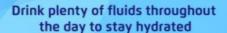
Pay the doctor a visit to determine the root cause of sickness and get medicine

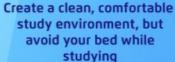






Take the medication at the prescribed times



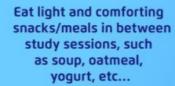








Do undemanding work that does not strain your eyes or brain (e.g. solve past papers rather than memorizing information)



Get enough rest in between small study sessions (e.g. study one hour then rest)







Have a cup of coffee or tea during your exam preparation, but don't overdo it

Crack open a window while you study to get some fresh air

Don't overwork yourself.

If you feel too unwell
during your study
session, then it's
ok to take some rest
until you're well again.

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