

# TOP TIPS FOR STUDYING

## During Ramadan and Lockdown

"Seeking knowledge is an obligation on every Muslim"  
Ibn Majah

Balancing Ramadan & studying can sound daunting. It can feel like we will have to compromise one thing or the other. However, with a change of mindset and these top tips, we'll show you how to do both insha'Allah!



### TIP 1

Plan your day

## Use a planner, identify peak time of productivity, plan the night before

#### 1. Use a journal/calendar:

Create a daily to-do list using a study planner  
Schedule your day around your Salaah as they will provide productive and natural breaks in your busy work-day.

#### 2. Identify your time of peak productivity:

Everyone has a time in their day when they are the most productive. Try to identify what time works best for you before you plan.

#### 3. Plan the night BEFORE:

Before going to sleep, divide up the following day and note down all that you would like to achieve. This way, you have a checklist ready to tick off ready for the next day.

#### 4. Don't be disheartened if you don't tick everything off!

Just like a runner training for a race, you will have good and bad days. But remember, each day you are building yourself up for that exam/assignment.

## Break down study sessions, take a power nap!

Concentrating for long periods of time can be difficult especially with an empty stomach.

#### 1. Try breaking down your study sessions using the pomodoro technique:

- 25-minute work intervals with 5 min breaks - repeat up to 4x
- Take 30 min break

Repeat steps a+b for however long you plan to study for that day

#### 2. The best way take a break is to power nap!

It will help consolidate your memory & fasting can be tiring!  
In fact, the concept of 'qailulah' is a sunnah as our Prophet SAW would take a nap or break during the day, usually just before Dhuhr Salah

Take regular breaks

### TIP 2



Optimise these study techniques

### TIP 3



## Identify YOUR learning style, create an (online) study team, have a pro-study environment

#### 1. If Possible, Don't Study Alone - create an (online) study team!

Form a study group with friends or colleagues, use online meeting platforms like ZOOM, G2M, Skype, Whatsapp Video, Google Hangouts, work together on a lecture, make collaborative notes using live google docs (apps, library, webcam, video calling)

No man is an island: We are built to work together as teams, so make this ramadan easier by uplifting and supporting each other. It will make all the difference inshaAllah!

#### 2. What is your style of learning?

There are seven different styles of learning and each uses a different part of your brain. The more learning styles you incorporate into studying, the more you engage your brain

#### 3. Have a pro - study environment

- Organise your study space and equipment. Have sufficient lighting
- Get rid of distractions
- Mute your phone and keep it in a different room
- Use a good chair, keep a healthy back posture



### TIP 4

Energise well and use it wisely

## Plan your Suhoor & Iftaar: slow-releasing foods, hydration, moderation

After a long hard day of fasting it is important to ensure you're getting the right foods in your body!  
Plan your iftaar/meals to give you energy to revise and focus as well as giving you the energy to concentrate on spiritual tasks and not leave you post prandial.

#### 1. Consider slow releasing energy foods:

Brown rice, porridge, bananas

#### 2. Hydration is key:

Stick to water where possible - and aim to have at least 1-2 litres per day

#### 3. Moderation:

We often eat with our eyes and not with our stomach!  
With no Iftaar parties for the foreseeable future, this is a great way to ensure you are not over eating.

## Renewed intentions + Dhikr + Duā

#### 1. Renew your intentions beforehand:

Ask yourself what your true intentions are behind your tasks. Try to align it to what Allah wants from you.

Start with Bismillah (in the name of Allah) with meaning and understanding before any task  
Thank Allah for the opportunity you have been given to study and learn

#### 2. Beat frustrations with Dhikr (remembrance of Allah)

When your head feels overloaded, often just sitting in a calm space, and remembering Allah's blessings is a good way to recharge your motivation to keep you going!

#### 3. Turn your worries into Duaa

If you find you are worried about a task, supplicate to Allah through sincere Dua

Three steps to barakah

### TIP 5



#### Du'a of Musa

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي يَفْقَهُوا قَوْلِي

Rabb-ishrah li sadri, wa yassir li 'amri, Wah-lul 'uqdatam-min-li-saani, Yaf-qahuu qawlii

O my Lord! Open for me my chest (grant me self-confidence, contentment, and boldness); Ease my task for me; And remove the impediment from my speech, so they may understand what I say (Surah Ta-Ha; 20:25-28)

All the best for your exams/assignments!

We hope you have a productive and healthy Ramadan!

