

# 1 Have a daily routine

Start watching tutorials and online courses at the same time of the day as if you are in school. If you have a day job, this can be at a certain time early morning or in the evening.



# 2 Get out and move

Get out and move: don't forget to exercise every day. Go for a jog, cycle or just simply walk for an hour. Fresh air and physical exercise helps to digest things you learnt that day and improves your concentration for the rest of the day.

# 6 Don't rush

Skimming through tutorials and constantly jumping around from course to course is not ideal. Give yourself time and be patient.



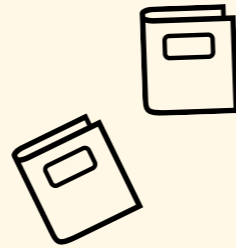
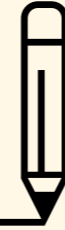
# 7 Change the scenery

If you don't feel like learning at home go to your local cafe, library, park. Anywhere you find it inspiring to study.



# 3 Practice Practice Practice

Watching tutorials won't just magically turn you into a designer, you have to practice what you see. A lot!



# 10 RULES of self-studying

# 8 Find your mentors



Studying online means that you really get to choose who you are learning from. Finding your favourite instructors is crucial. You don't want to force yourself to listen to people that you don't respect and admire!

# 4 20:80 RULE

To get the proportions right between watching videos and practicing I found this ratio to be the most effective. It means that for every 10 minutes of videos I watch I would practice what I learnt for around 40 minutes. This ratio works extremely well, you have to try it!



# 5 Have a break



Don't force yourself to sit at your desk studying for too long without having some break. Even if it is for 10 minutes you should stand up, walk around the flat, stretch your legs, do some squats or pushups, eat a biscuit and you will feel energised to get back to studying for another hour.



# 9 Talk about it

Studying from home can be very lonely so it is important to get out and meet people who share interest in the topic you are learning about. At least once a week get together and talk about the things you learnt and discovered.



# 10 Teaching is the best way of learning:

Finally if you really want to solidify your newly gained skills and knowledge you can put yourself to the ultimate test and try teaching it. It doesn't have to be in a classroom, record some tutorials and upload them to YouTube. You will be surprised how much it helps to find the gaps in your knowledge when you need to speak about things you recently learnt.