

Dear students in the Bachelor's in Biomedicine, Master's in Biomedicine and Master's in Molecular Techniques in Life Science,
KI staff and students have worked hard to adjust to the new situation due to Covid -19. Here are some experiences and knowledge I, as a study counsellor would like to share with you, to help you cope with this new and uncertain situation. I do not make any claim to have a complete list or address all aspects, but these are my topics:

- a) Studying from home
- b) How to reduce stress
- c) Who to contact for help with regards to your studies
- d) Ergonomic tips from the Health Promotion team at KI

KI Health Promotion

The KI Health Promotion team has gathered advice and inspirational tips with live-stream classes etc at <https://staff.ki.se/health-promotion>

Personally, I recommend you have a look at the You-tube videos on the landing page, especially the one to the far left on **ergonomics** - well invested 9.45 minutes.

Physical activity is essential for physical health and wellbeing as well as psychosocial health. Keep physically active, ie take walks, work out or do yoga at home!

How you yourself can try to reduce stress in this Covi-19 situation

- Try to **accept the uncertainty** of the situation with Covid -19. Life is not risk free. Try to learn how to cope with the uncertainty. Try, little by little, to concentrate on the things you can do something about. And focus on things that you want to do more of, things that you value in life.
- Besides the studies and keeping physically active, **do things you like** to do, things that make you feel good. If you do not know what you like, think about it for a while, it could be ie: cooking good food, baking a cake, knit, play games, dance, do the laundry or learn a new language.
- **Talk to people** who make you feel good, at least talk to one person a day.
- **Keep up dated on the developments**, use the KI web page as starting point, keep to well-established information sources ie Swedish or international authorities. Limit the time you spend scrolling social media.
- **Ask for help if you need it.** Contact your fellow students, the course director, the course administrator, me or any other person you trust to help you. Together we may be able to sort out the issue and move forward. Most things can be solved, or we find another way.

Tips for studying at home

- **Plan** - make a schedule, to-do lists- for what you are going to do when. Plan your week, your day. Plan when you are going to have breakfast, when you are going to study, when you will be taking a break, including lunch break, plan your physical training and when you will socialise.
- **Set realistic goals** and pat your self on the shoulder when you have achieved the task.
- **Get your priorities straight**, do the difficult and complicated things first otherwise it is easy to get stuck on trivial and as it turns out, time consuming matters (also known as Parkinson's Law of triviality: https://en.wikipedia.org/wiki/Law_of_triviality)
- To avoid the temptation, leave your mobile phone off when you study.
- Work during the **morning**, even students tend to be more efficient in the morning than during the evening or at night.

- If you find it hard to concentrate use the **Pomodoro-method**
https://en.wikipedia.org/wiki/Pomodoro_Technique
- Challenge your self to get new **good habits**, start small, maybe one push-up a day before breakfast every day, or a walk before you go to bed at night, try to make it into a routine, expand on it.
- **Be nice to your self** and be nice to your future you. Take care of your self now, eat, sleep, work out and study.

Student Health Centre

If you feel strong anxiety or you think you may suffer from a depression you can contact the **Student Health Center to ask for help and advice**. They are bound by professional secrecy. All services at the Student Health Centre are offered free of charge!

<https://education.ki.se/student-health-centre>

“The pressures you can experience as a student can feel never ending. Give yourself the best possible chance to feel good and to have enough energy to manage your studies and enjoy your free time”.

<https://education.ki.se/lifestyle-tests>

113 13 is a national information number

You can call the information number 113 13 to provide or obtain information regarding serious accidents and crises, in this case the Covid -19. 113 13 is a service for municipalities and other actors to communicate information to the public in the event of serious accidents and crises in the community. All information provided via 113 13 is verified information, i.e. it has been confirmed by the municipality etc. where the incident took place.

From abroad, call +46 (0)77 33 113 13.

Information about the corona virus for staff and students

The focus is on adapting KI's operations to ensure the health, safety and security of students and staff. KI's research and education continue regarding the recommendations.

The university is still open, and we still follow the syllabi for your courses with the aim to perform examinations according to set time plan, as much as possible.

The KI university management is monitoring developments via the Public Health Agency of Sweden and the Ministry for Foreign Affairs.

https://news.ki.se/information-about-the-corona-virus-for-staff-and-students?_ga=2.150754934.1916714614.1584342118-1125100101.1570440475

Please do not hesitate to contact me.

Whishing you all the best!

Stay strong - stay safe!

Cecilia

Cecilia Forssman | Programme Officer and Study Counsellor

Programme Committee for the Biomedical programmes

Education Support Office | Karolinska Institutet

Berzelius väg 3, level 5 | SE-170 77 STOCKHOLM, Sweden

+46 8 524836 64

cecilia.forssman@ki.se | ki.se