



Hi Danny,

A ☐ Thanks for the email. Sorry to hear you're feeling a bit under the weather. I had trouble studying last year too, so perhaps I can give you some advice.

B ☐ To start with, if I were you, I'd make sure that I had a quiet place to study. You should turn off the TV, switch off your smartphone and only go online if it's for research. If you do that, you'll be able to concentrate a lot better.

C ☐ Why don't you plan your studying? Set yourself a time and a time limit. For example, you could say that you are going to study for two hours at 7 o'clock. That way you won't put off studying and do something else.

D ☐ Also, it would be a good idea to join an online study group. If you do this, you'll get lots of support from other students. This really helped me, and I made lots of new friends, too!

E ☐ Hope my advice helps. I'm sure you'll soon sort out the problem. Let me know what happens.

Best wishes,

Aizhan

