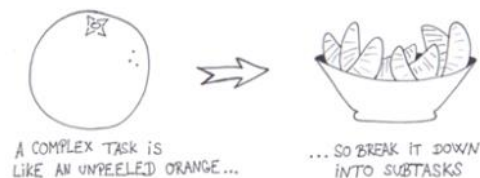


HOME STUDY SURVIVAL GUIDE!

Issue 2

● **The thirty minute rule – break the task down!**

Sometimes it's about keeping things simple. If you have a task that is going to take more than 30-40 minutes, then it's too big – break it down into manageable chunks. Give yourself breaks and time to stretch and relax. It's always satisfying to tick a wee task off your list!



● **MyStudyBar - download a free app!**

MyStudyBar is a FREE app for Windows that has a number of handy apps all in one place: text to speech (with the Scottish voices Stuart and Heather), screen overlays and rulers, mind mapping and even a touch typing tutor are all available. The Guide is a text alternative to mind maps that helps you to put your planning into topics and sub topics. And why not use Balabolka audio word processor to convert your notes and presentations into audio files you can listen to on your smartphone?

Download and tutorials are all here:

<https://www.callscotland.org.uk/mystudybar/>

● **Stream local live music!**



The lockdown has led to an explosion of online watch and listening parties, gigs and DJ sets. There's lots out there from the famous and not so famous, but we thought we'd mention a few things going on in Edinburgh and Scotland. The Quarantine Stream Sessions are livestreaming local Edinburgh folk musicians every night from 7 to 9 – find them on Facebook. Also on Facebook, Bound in Sound are running Solitary Sessions, a series of DJ sets. And electronic musician Blanck Mass is livestreaming DJ sets too. Let us know your suggestions!