ABERDEEN: Tips for Family and Friends

**ASK** if they are coping with their studies and listen if they want to talk.

**BOOST** your online student by offering to make them dinner or even a cup of tea.

**ENCOURAGE** and be a cheerleader, it’s a long road and they will need your support to get to the end.

**RELAX** your online student as much as possible and ensure stress is kept to a minimum.

**DEVOTE TIME** and offer to help your online student with their studies, even if it is just listening to them.

**EDIT** - how are your proofreading skills? Offer to review your online student’s work and be constructive in your feedback.

**ENTERTAINMENT** - build in breaks for your online student. A well timed movie or evening out can work wonders.

**NEVER** let them lose faith in their own ability. Keep them motivated and remind them of how an online qualification will change their life.