



# Tips For Studying During Ramadan

## **Adjust your schedule if you can**

*Where you can around your classes you may want to adjust your schedule to study at the times you have most energy*

## **Talk to your teachers**

*Tell your teachers that you are observing Ramadan and discuss how they can help make learning easier for you - let them know your prayer times*

## **Study with peers**

*Studying with others can help you stay motivated and focused - try building a study group to work alongside*

## **Revise differently**

*It may be harder to concentrate whilst fasting so try finding more engaging ways to study e.g. mind maps, revision cards*

## **Eat and hydrate well at suhūr and iftar**

*Choose foods that are energising e.g. slow release foods during suhūr, and ensuring you hydrate when you can- eat dates to break fast initially*

## **Take breaks**

*Listen to your body and take breaks when you need them - studying whilst fasting can be difficult so make sure to take frequent breaks*

## **Use your prayers to reflect**

*Use your prayer time to reflect, take a step back and look at the bigger picture*

## **Be kind to yourself**

*Do not feel guilty if you are not able to study as hard as usual, make sure that you are looking after your own wellbeing*

## **Get fresh air**

*As you may be more tired than usual make sure to go outside, leave open windows and take in the fresh air*



# Awgrymiadau ar gyfer Astudio yn ystod Ramadan

## **Addaswch eich amserlen**

*Pan fo'n bosib, ceisiwch addasu eich amserlen o amgylch eich dosbarthiadau fel eich bod chi'n astudio pan fydd gennych chi'r fwyaf o egni*

## **Siaradwch â'ch athrawon**

*Rhowch wybod i'ch athrawon eich bod chi'n ymgymryd â Ramadan a thrafodwch sut y gallant helpu i wneud dysgu yn haws i chi - rhowch wybod iddynt ar ba amseroedd rydych chi'n gweddio*

## **Astudiwch gydag eraill**

*Gallai astudio gydag eraill eich helpu chi i gadw cymhelliad a chanolbwyntio - ceisiwch greu grŵp astudio i weithio ochr yn ochr gyda nhw*

## **Adolygwch yn wahanol**

*Gallai fod yn anoddach canolbwyntio wrth ymrydio felly ceisiwch ddarganfod dulliau astudio sy'n fwy rhagweithiol e.e. Mapiau meddwl, cardiau adolygu*

## **Bwytwch ac yfwch digon o ddŵr yn ystod suhūr ac iftar**

*Dewiswch fwydydd sy'n llawn egni e.e. Bwydydd sy'n rhyddhau egni'n araf yn ystod suhūr, a sicrhau eich bod chi'n yfed digon pan fo'n bosib - bwytwch ddatys i dorri'r ymryd i gychwyn*

## **Cymerwch seibiau**

*Gwrandewch ar eich corff a chymerwch seibiau pan fo angen - gallai astudio wrth ymrydio fod yn anodd felly sicrhewch eich bod chi'n cymryd seibiau'n aml*

## **Defnyddiwch eich gweddïau i adfyfyrio**

*Defnyddiwch eich amser gweddïo i adfyfyrio, cymerwch gam yn ôl ac edrychwch ar y darlun ehangach*

## **Byddwch yn garedig i chi'ch hunain**

*Peidiwch â theimlo'n euog os nad ydych chi'n gallu astudio'r un mor galed ag arfer, sicrhewch eich bod chi'n gofalu am eich llesiant*

## **Ewch i gael awyr iach**

*Gan efallai y byddwch chi'n fwy blinedig nag arfer, sicrhewch eich bod chi'n mynd allan i'r awyr agored, agorwch y ffenestri ac anadlwch yr awyr iach*

I gael cymorth chaplaincy anfonwch e-bost at  
[tim.feak@cambria.ac.uk](mailto:tim.feak@cambria.ac.uk)

I gael cymorth cydraddoldeb ac amrywiaeth anfonwch e-bost at  
[alice.churm@cambria.ac.uk](mailto:alice.churm@cambria.ac.uk)

