

# ONLINE LEARNING TIPS

Transitioning to a remote classroom environment can be nerve-wracking and challenging. Here are some tips to help make your transition a successful one!

## 1 SET CLASS & STUDY TIMES

Successful online learning starts with structure and routine. Try to model your day like you would if you had in-person classes and block out times for studying/completing assignments.

## 2 PLAN BREAKS

Online learning doesn't have to be a 9-5 gig. Give yourself a break of about 10-15 minutes every hour as needed. Make sure to be hydrating and snacking as well!

## 3 USE A PLANNER

It's especially important to keep track of online deadlines and assignments. Having a concrete reminder of what is due when will help you stay on top of your work.

## 4 CREATE A STUDY SPACE

It's very easy to work from your bed, but getting up and sitting at a desk will help fight that lethargic feeling that can sneak up on you while being cozy under the covers.

## 5 LIMIT DISTRACTIONS

Just as there is a "no phone" policy in class, you should limit your phone usage while you are studying. Keep it on for emergencies but save your social media scrolling for your break time!

## 6 REWARD YOURSELF

Online learning requires discipline and discipline deserves a reward! Do one hour of homework and you can watch that Netflix episode. But don't start binge-watching until all your work is done!

## 7 STAY CONNECTED

It's easy to feel isolated while social distancing and remote learning but stay in contact with your professors and peers virtually and ask for help when needed.

## 8 PRACTICE SELF-COMPASSION

This transition poses many concerns and challenges for those who are not used to remote learning. Be patient and adjust as best as you can, and don't put so much pressure on yourself. Remember we are here to help!

