

ONLINE & REMOTE LEARNING TIPS

FOCUS ON YOUR ACADEMIC SUCCESS

Consider the following tips and strategies as you navigate online classes. Adapt these suggestions to best suit how you learn and work optimally.

ROUTINES



Students who take online classes often benefit from a structured schedule. How will you create this for yourself?

Ensure each day has a predictable rhythm

Wake up and go to bed at about the same time daily
Try alarms to keep you on schedule

Create a study schedule

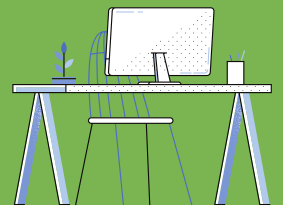
Mark your calendar with “appointments” for studying, reading, and assignment completion for each class

STUDY SPACE

Earmarking a space dedicated for study will help you stay organized and productive. What will your study space look like?

Minimize distractions from family members, roommates.

Try a white noise machine or app to drown out voices
Create agreements with others about when and where you’ll study



Stay engaged and alert

If you’re studying in a bedroom and you’re inclined to nap, avoid studying on your bed
Use the Pomodoro Technique to study in short segments and then take a short break.

GOAL SETTING

Start each day and each week with clear and concrete goals will give your days purpose and structure.

What do you want and need to accomplish for each class in the coming week?

List steps to make progress on these tasks, and create a timeline for completion

What do you need and want to accomplish for each class today?

Guesstimate how much time might you need to allocate for each task. Draft a daily schedule

Would it be helpful to have an accountability partner to help you stay productive and on track?

Who could this be? Think about what this might look like: texts, in-person reporting?

REGULAR COMMUNICATION

Communication will be critical to stay connected to all parts of your academic life while you’re away from campus.



- How will you communicate with professors if you have questions or need help?
- How will you communicate with classmates?
- How and when will you keep in touch with friends?

PRACTICE SELF-CARE



Just like when you’re on campus, it will still be important to take good care of yourself so that you can be at your best.

If you have an exercise regimen, how might it need to be adapted?

What will you do to manage stress and anxiety?

What will you do to ensure adequate sleep and good nutrition?