



so your classes are all online now?

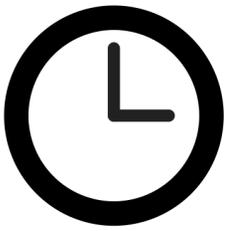
TIPS FOR A SUCCESSFUL TRANSITION



1

CREATE A DEDICATED WORK SPACE

Decide on a regular space to study that is quiet and distraction-free such as a desk in a bedroom or at the kitchen table. Be sure to have your textbooks, notes, calculator, and any other supplies you will need nearby. Let your roommates or family members know when you're working and ask not to be disturbed.



2

STRUCTURE YOUR TIME

Having an unstructured day makes it easy for time to slip away, so discipline is key. Create a schedule with specific times to watch lectures, study, read, and do homework and stick to it! Remember that you should plan for 2-3 hours of study time each week per credit to be successful.



3

MINIMIZE DISTRACTIONS

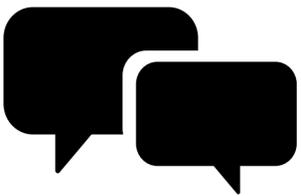
Put your phone on silent and out of sight and turn off the TV. Close social media platforms and other websites that may tempt you. A good pair of headphones could be helpful to block out distractions too.



4

STAY MENTALLY ENGAGED

Take notes during online lectures just like you would in a traditional classroom setting and ask questions throughout the lecture. Many virtual platforms have the option to virtually raise your hand or enter a question into a chat box.



5

ENGAGE WITH OTHER STUDENTS...VIRTUALLY

Isolation can weigh on your mental health. Be sure to continue to connect with other students. Facetime your friends, use Google Hangouts to chat, and create virtual study groups for each of your classes.



6

USE CAMPUS RESOURCES AND ASK FOR HELP

Your campus resources have not gone away- they've just moved online! Check your email and visit campus websites to find out how to access tutoring, academic coaching, the writing center, counseling, advisors, office hours, etc.



7

TAKE A BREAK!

Trying to study for 10 hours straight will likely be unsuccessful. Take breaks to get your blood flowing and give your eyes time to rest. All of these changes can feel overwhelming, so remember to take care of yourself and find time to unwind and do the things you enjoy.