

Go To Class (and be Present).

It's easier than ever to skip class, especially if your professor records lectures. Still, going during the scheduled time helps keep a normal schedule and gives you opportunities to interact with classmates and ask questions. If you let all those recorded lectures stack up, will you really listen to them later? Keep yourself accountable by turning your camera on and participating. Unmuting can be really hard, but find ways to participate that work for you, like using the chat!

Limit Your Distractions.

It's really easy to do other things during an online class, but lectures and discussion are still important to your learning! Close other tabs before class so you aren't tempted to write emails and don't keep your phone nearby. If you're struggling with this, try a productivity app from the Apple App Store or Google Play Store. It is also important to find workspaces where you can focus during class and talk to your housemates about norms during class times. If you are home, try your best to get in an environment that best supports you!

We want to know...

What is one distraction you struggle with during online classes? What could you do to control this distraction in the future?

Maintain a Normal Schedule.

When all this began class in bed was a delicious novelty, but for most of us this isn't the most sustainable habit. Maintaining a normal schedule by doing things like going to sleep at a reasonable time, getting out of bed in the morning, putting on real clothes, and eating meals at normal times helps keep you in the headspace of going to school. Enjoy being comfortable at home, but don't get too comfortable to work.

Communicate Your Needs!

Remote learning during the COVID-19 outbreak isn't the same as choosing to take courses online. Everyone's circumstances are different and if you're dealing with a challenging home situation or virus-related stress, your professors will likely make accommodations they wouldn't otherwise. Still, you must communicate these needs to them in order to plan for success!

Take Meaningful Breaks!

While a lot of fun activities aren't available, think about things that make you happy and get you up and moving around. Exercise, go on walks, cook, Facetime a friend, read a book! It can be hard to motivate when you have nothing to look forward to so be sure to schedule in activities that you enjoy.

We want to know...

What do you do to take breaks during your school day? Is there any days where you go out and do something special?

Be Intentional About Time Management.

Normally, we have breaks and changes in location that are naturally part of the day. At home, we must create these things for ourselves. Consider moving locations between classes and using a tool like a time chart, planner, or checklist to designate when you will work on specific things. Find the method that works best for you!

Take Advantage of Your Resources.

You're not alone in this! Using resources can help you find connection to the campus community. Your professors would love to see you in office hours, and it's still important to build relationships with them for letters of recommendation and other opportunities in the future. The CWLT is also still available, along with online versions of many important campus resources. If you feel alone in your academic work, you can always just chat with a tutor to feel connected! We're all in this together.

We want to know...

What is one campus resource you have been able to utilize this semester? If you haven't, which one do you plan on using in the future?

See This as a Learning Opportunity!

Online school isn't what any of us wanted and it's okay to struggle. If you aren't motivated, remember that we opted in for this. College is expensive and future classes will build on the material that you're learning now; try to remember that when it's hard to motivate. Plus, the flexibility and technological literacy we're learning now will help you succeed in future education and careers!