

## Tips for a Successful Transition to Online Learning



### Create a Dedicated Work Space

Choose a regular space that is quiet and free of distractions. If you normally complete work in a library or coffee shop, a desk or kitchen table are good options, as they replicate your usual learning environment.



### Structure Your Time

Setting a schedule for yourself can help provide structure and keep you motivated. Predetermine class and study times, then work in structured time for rest, physical activity and getting fresh air.



### Minimize Distractions

Consider the Pomodoro technique, which helps you focus intently for 25 minutes at a time, then allows for 5-minute breaks. You'll notice that turning off electronics for that amount of time will boost productivity.



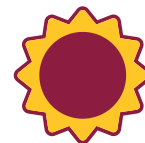
### Engage with Classmates

If you usually see each other in class or lab, plan to still touch base every few days via Zoom or video chat. Being able to see each other will help keep you connected in ways that texting cannot quite replicate.



### Use Campus Resources

Remember that resources like Tutoring, Advising and First Year Success Centers are still available remotely, as is Counseling and Health Services. If you find yourself stuck, take a moment to ask for help.



### Take a Break

Check in on yourself and your loved ones regularly, as being off-schedule can take a toll on mental, emotional and physical well-being. As we work through this together, take a deep breath, do your best and wash your hands.