

How to Succeed at Remote Learning

1. Establish Structure

If you have a 9 a.m. class, you should be getting up at 7:30 a.m to eat breakfast, shower and dress. It's a bit hard to focus if you just rolled out of bed and are attempting to start class.

You will want to build in breaks similar to the ones you had between classes on campus. This is free time to check in with friends on social media, exercise or have a snack/meal.

2. Create a Dedicated Study Space at Home

Your house may be full of distractions especially if you have siblings who aren't on the same study schedule.

Establish a dedicated **STUDY SPACE**, this is important. If you don't have your own room, consider setting up a study space in the living room or another part of the house, and make that area off limits to everyone else in the family during your established study time.

3. Join an Online Study Group

Try and join or form an online study group with classmates. This will help with working through your assignments and will give you some of the social time that you're used to.

There are a couple ways to pull off an online study group including:

- Regularly scheduled video conferencing on platforms like Zoom, Skype and Facebook

- Message groups on Slack or Facebook where students can post questions, thoughts, reminders, links, attachments and more

A combination of the two might be ideal: A weekly video meeting to go over the current schoolwork, and a 24/7 messaging group for students to stay connected between meetings. Take advantage of you Professor's virtual office hours if they are offering them.

4. Exercise Good Time Management

Time management tips for college students:

- Establish dedicated study times
- Build in time for fun and relaxation
- Stay on a healthy sleep schedule
- Each morning (or the night before), make a prioritized list of what needs to be done that day
- Track academic to-do lists in a digital calendar or a time management app

Recommended time management apps include:

- Todoist
- do
- OmniFocus
- iStudiez
- MyStudyLife
- Loop Habit Tracker