

Adjusting to Online Learning

Things may feel out-of-control right now. You may be facing a lot of unknowns and disruptions. Try to be patient with yourself, your classmates, and your instructors during this time. Take care of your wellbeing first. Making a plan and adjusting your studying may help you feel even a little sense of control.

1

Stay Organized

Things are changing quickly and you will likely be getting a new information at different times about your classes. Keep track of exactly what is changing in each of your courses -- you can use the guide on the second page to do so. Make notes about how in-person parts of the class are being handled, if assignments are changing, and how you should access help if you need it.

2

Avoid Multitasking

If you're doing more work on your own and your time is less structured, you might be more tempted to multitask. However, multitasking means that assignments take longer, you're more likely to make mistakes, and you'll remember less. Instead, focus on one thing at a time, making sure to take breaks using a method such as the Pomodoro Technique.

3

Make the Most of Video Lectures

Get the most out of video lectures by using the following suggestions: stick to the course schedule as much as possible to keep a sense of normalcy, find out how to ask questions (such as if there is a chat feature), close distracting tabs and apps, and continue to take notes as if it were an in-person lecture.

4

Set a Schedule

As the current situation unfolds and social distancing recommendations may continue, there may be less structure to your day. Setting a schedule for yourself can help you to create structure for yourself and maintain motivation and normalcy. Create a weekly or daily calendar, making sure to include time for self-care, eating, exercise, and sleeping.

5

Trade Your Strategies for New Ones

Your routines may have to adjust during this time. Look for ways to adapt your usual habits or form new ones. For example, ask yourself what kind of environment usually helps you study and see if you can recreate that at home. If you have a study group, try a virtual or phone-based study session with them.

6

Stay Connected to Others

Schedule video calls with friends and family to keep connected with them. Stay in touch with professors and classmates in their preferred methods. If you are working on a group project, check on each other, meet regularly, and utilize virtual tools like Google Docs to most effectively collaborate from a distance.

Course	Important Dates	Big Changes	Important Links
Example: UW1020	Paper due 3/27	Recorded lecture	Lecture link Office hours link