

Making the Most out of Online Classes

Some of your classes may be online in the fall, here are some helpful tips to keep in mind



Stay Connected With your Professors:

Your professors are available not just as educators, but to support you throughout the semester. It can feel isolating at times to not physically be in a classroom, it is important to reach out if you need help or clarification on an assignment.

Treat an Online Class Like You Would a Face-Face Class

Stick to a routine and create a schedule for yourself that allows you the flexibility to complete work when you are able. You will still have due dates and deadlines, you may have to rely more on your planner/calendar to keep track of important dates and times. Talk to your classmates! Utilize discussion boards as if you were contributing to class discussions in person.

Find a Space Designated for Studying/Class

Maybe you have heard this before, but our bodies are very good at making associations, if you do school work in bed you may come to associate this as your work space and not a place for sleep. To create a space that is comfortable and allows you to focus, you may have to get creative and have conversations with those you live with around when you need some time to yourself without interruption

Take Care of Your Mental and Physical health



Between zoom meetings, completing our assignments, discussion boards and staying connected with friends and family we spend a lot of time looking at a computer screen. It is important to take breaks and give your eyes some rest. Regular exercise, getting enough to eat and having a restful sleep will help keep you motivated and give you the energy you need to keep up with the pace of school. Practice Self care that is restorative and will prevent burn out, spend time with pets, get outside when possible and give yourself permission to take breaks from studying