



Tips from Students for Studying and Learning Remotely

In this document, our amazing Learning Research Network Tutors shared some of their tips for studying and learning remotely:

Tips from Current Students:

- Haley Bibey: Biology, concentrating in pre-medicine, Spanish minor, Senior
- Alex Chin: Biology, in the 3+2 Forensic Science program, Junior
- Maura Janoski: Biology, Pre-Physician Assistant, Minor in Scientific Illustration and Studio Art, concentration in Printmaking, Senior

Tips from 2020 Graduates:

- Amanda Zane: Chemistry, 3 + 2 Pre-Engineering Program
- Paige Lawton: Healthcare Administration, now in the Physical Therapy Program at Arcadia
- Carlie Banchi: Carlie Banchi, Actuarial Science, Honors Program, Minor in Computer Science and Spanish

Haley Bibey: Biology, concentrating in pre-medicine, Spanish minor, Senior.

"I am from Rising Sun, Maryland, and I have two dogs: Oreo and Brownie, and a fish: Herman. In my free time, I enjoy spending time with my friends, listening to music, and playing with my dogs."



Transitioning to a completely online format might be challenging, but here are a few tips that have worked for me!

1. Try to keep to your set schedule. If you usually wake up at 9:00 am every day when you are at Arcadia, try to continue to do so. Do your classwork at the time you normally would, or the time you would normally have that class. This makes it feel like you are still following a normal routine!
2. Make schedules or To-Do lists for yourself! Now that you are home, it is easy to get distracted! Keep yourself on track by making a schedule for the week or simply a to-do list to make sure you get all of your assignments done!

Alex Chin: Biology, in the 3+2 Forensic Science program, Junior

"I love learning new things, whether it's pertinent to my courses or through socializing. Time permitting, I like to read, spend time/game with friends, listen to music, and amuse myself with creative/crafty hobbies."



Here are some tips that may be useful:

1. Create a to-do list/schedule each week. I love Google Calendar, and I'm using it alongside my planner to keep organized!
2. Virtually meet with friends to have study sessions! Can also be used for spending time and unwinding.
3. Get some sun and fresh air, but remember to social distance. It's important to get your daily dose of sun and remember what being outside is like.
4. Set time limits when it comes to work. It helps to kick your brain into gear when you tell yourself that there's an hour to review for organic chemistry. Then you can switch to another assignment and set a new time limit.

Maura Janoski: Biology, Pre-Physician Assistant, Minor in Scientific Illustration and Studio Art, concentration in Printmaking, Senior.

"Something interesting about me is that I've snorkeled in Fiji, Belize, and the Cayman Islands, and, like George from Seinfeld, I would also love to be a marine biologist ;)"



This is definitely a challenging time to be balancing school and health and everything else going on in our lives, but this can also be a great opportunity to learn more about ourselves and how we learn and work best. Here are some things I've learned about myself that might help you too in transitioning:

1. I still need to set an alarm & make my bed to force myself to get moving and be productive in the morning
2. Taking breaks to get Starbucks or to go for a run outside give me more energy for the rest of the day
3. Continuing to use my agenda book keeps me organized & on top of my assignments
4. I can't stay cooped up in my room all day, spending time at home with my friends & family always lifts my spirits!
5. This is a great time to plan & work on long term goals too! I've updated my resume, done more research into grad schools, & started a new art project!

Advice and Tips from our recent graduates!



Amanda Zane, Graduate with a Chemistry major, 3 + 2 Pre-Engineering Program 2020.

After graduation Amanda will be attending Washington University in Saint Louis as part of their Chemical Engineering Program to study nanoparticles and aerosol science.

Here are a few things I have incorporated into my routine now that we are online:

1. Try to keep the same routine you had during school. My day is structured like I still am meeting for class each day, and I do my assigned work during the class period I had originally.
2. Take breaks when you need them! In between "class periods" I try to sit outside and play with my dogs for a bit.

3. Try to find a classmate to study with! I have utilized different zoom meetings with peers from my class so we can work through homework together, and we are there for each other if anyone has a question.

Paige Lawton: Healthcare Administration, Graduated 2020. Starting the Physical Therapy Program at Arcadia Fall 2020.

"A fun fact about me is that I have trekked the Inca Trail and hiked Machu Picchu."

Adjusting to online school work has definitely taken some time, but here are a few things that helped me a lot:

1. Set up a separate "school space" to do your work—I know that over the last few years my house has become a relaxing place where I didn't get much work done, so it was important for me to set aside space (and equip it with everything I needed for my schoolwork) to do school and focus, and have the rest of the house be space to relax and have family time. It is important that this space is away from other distractions in your house
2. Keep yourself to a set schedule for doing schoolwork and try to go to bed and wake up at the same time every day
3. Make a To-Do list! I have a planner where I keep track of what assignments I have and when things are due, but I also make a To-Do list for the next day every night before bed of what tasks I need to accomplish the next day to keep me on track
4. Don't forget to get outside for some fresh air and exercise. Going for a walk, even a short one, between classes or on a break from schoolwork is a great way to clear your head and stay healthy. Our bodies are used to walking around campus every day and being outside—it's important to get fresh air and exercise, even if it's only a little bit!



a

Carlie Banchi, Actuarial Science, Honors Program, Minor in Computer Science and Spanish, Graduated 2020.

Moving to online instruction has definitely been challenging, but here are some tips that have helped me and will hopefully help you too!

1. Try to keep a basic routine: go to bed at a decent time, wake up at a decent time, and complete your classwork during your normal class time, even if you're not meeting live! This will help you not procrastinate till the end of the week.
2. Move to different areas of your house, if possible, or even sit outside! Moving around your house will give you a change of scenery and may help mimic what it was like going to different classrooms on campus.
3. Remember that it's okay to ask for help! The LRN is here to support you, but so are your professors, advisers, classmates, and friends. Don't be afraid to reach out if you need help!

