

Are you struggling with online learning?

Below are for key things to remember:

- **Communication is key**

Be open and honest about your questions and needs with your professors. Connect with classmates to see if they're struggling with the same things you are.

- **Be professional**

Emotions are running high during this time, so keep in mind that everyone is doing the best they can. Respect yourself and others. Calmly communicate, be quick to apologize and remember, we are all in this together.

- **Compile a list of resources**

Resources are most likely flying at you right now. Scan them, bookmark what is pertinent to you and try not to get overwhelmed about the rest. You'll find a system that will work for you.

- **Take care of yourself**

Everyone is experiencing stress and chaos right now. Let go of expectations and take it one day, one hour or one minute at a time.

Sample schedule:

Early bird



9:30 a.m.

Eat breakfast.

10 a.m. – 1 p.m.

Attend a virtual class or meeting. Between sessions, stretch, do yoga poses or walk around your house. Keep water next to you.

1:30 p.m.

Lunch. Try to eat a balanced meal that will give you the energy to work steadily. Avoid overeating out of boredom or stress.

2:30 – 5:30 p.m.

Do homework, taking frequent breaks when you feel cooped up.

5:30 – 8:30 p.m.

Leave your workspace so your brain doesn't associate it with anything other than work. Catch up with a friend, make something tasty for dinner or watch YouTube.

8:30 p.m. – bedtime

Wind down with your self-care routine. Think about what you're grateful for in order to ground you during this time of uncertainty.