

LEARNING DURING COVID-19:

Keys to Success

CONNECT.

Prioritize relationships! **Join** or **start** a study group, find a study buddy, join a **coaching group**, go to **drop-in tutoring**. Reach out to your advisor. Go to virtual or in-person **office hours**, or **email faculty** if you can't make the times. Make a plan and commit!

ENGAGE.

Take charge of your learning by engaging actively. Participate in live or virtual discussions, ask questions, contribute to the chat. **Take meaningful notes** during lecture to make sense of material, and ask yourself questions about it. If you're feeling disengaged, consider what might hinder your **motivation** and how you can re-connect.

ORGANIZE.

Create your own **structure**. Plan your days and weeks, using syllabi to track due dates. Attend synchronous classes. Schedule time to listen to lecture recordings, read, write, review notes. Space it out: **research shows** studying is most effective when you break it into chunks rather than one big block of time. And build in time for breaks and fun!

FOCUS.

Avoid the temptation to **multitask**. Try concentrating on one thing for a period, then take a brief break. Remove distractions: close your browser, put your phone out of reach, and focus.

MAKE TECHNOLOGY WORK FOR YOU.

Get savvy about **Zoom** and **Canvas**, so you're ready to learn. If you experience glitches, don't hesitate to seek help from your instructor, your advisor, or **NUIT**. And get offline sometimes! Your brain needs a break.

BE WELL.

Take care of your **whole self** – mental, physical, emotional, social. Get up and move. Get enough sleep, on a regular schedule. Eat healthy foods. Talk to friends and family. Consider **meditation** to help calm your mind. Engage in activities that replenish you.

ASK FOR HELP.

Advocate for yourself by seeking the help you need. Whether you're struggling with a class, navigating family issues, facing a mental health challenge, or something else, there are resources for you. Reach out to instructors, academic advisors, **CAPS**, **ASLA**, the **Writing Place**, and **more**.

TAKE THE LONG VIEW.

Be patient with yourself (and others!), and reflect on your core values and goals. Take it day by day, but stay attuned to the big picture. And know that we're all in this together.

SUCCESS IS NOT A SOLO ENDEAVOR.