

Suddenly Moving to Online Classes



Create a New Schedule

- Look at your new syllabi for all of your courses. (Be sure to pay attention to new announcements and read your email a few times/day)
- Map out everything you need to do per week and schedule it out into manageable parts.
- Remember to schedule in breaks. They are very important in this time of change.

Hold Yourself Accountable

- Set weekly goals for yourself. Maybe a goal for each course or project.
- If you are having trouble holding yourself accountable, reach out to a peer, someone within your social distancing space, or reach out to Jean, jab@pitt.edu.
- Reward yourself when you reach your goals. (Show? Social Media?)

Utilize Resources

- Don't be afraid to ask questions of your professor. If you have concerns, express them too.
- Lean on your peers. They are going through similar challenges. Ask them questions and continue to chat with them.
- The ACTC, Math Center, and Writing Center have moved online. Email jab@pitt.edu if you need assistance creating an appointment.

Create Your Workspace

- Try to separate your personal space from your work space. (Try not to study on your bed)
- Try to find a space that has a limited amount of noise/ activity. (Earplugs could be helpful)
- Make sure all of the items you need are in the space. (computer, pen, paper, notebooks, etc)

Minimize Distractions

- If able, put your phone on silent and out of reach. Every time you look at your phone it takes an average of 25 minutes to get back onto schedule (even a 30 second text message check).*
- Close apps/browsers of media that distracts you.
- Think about the time of day that your work space is the quietest. Utilize that time!

*<https://www.ics.uci.edu/~gmark/ch108-mark.pdf>

Be Active with Your Courses

- Just because your classes have moved online, doesn't mean you can't engage with the class/professor.
- Ask questions, comment on posts, look at other students' questions on posts.
- Keep reading and continue taking notes, just like you did while in person.
- Continue to study for your courses daily, even if it is only for a few minutes.

Looking for more academic strategies?
Email Academic Coach
Jean: jab@pitt.edu