Adjusting to Learning Online

Tips for Success:

- Find a quiet, private study area
- Limit distractions by turning off phones, TVs, social media, etc.
- Take a 10-minute break from the screen every hour
- Set boundaries by creating & following a schedule
- Stay socially connected to supportive friends & family
- Practice meditation, mindfulness, & relaxation skills
- Eat well & exercise
- Get 8–9 hours of good sleep
- Set realistic goals
- Make time for fun & self-care
- Go easy on yourself
- Ask for help
- Embrace being independent

Coping with Learning Differences:

- Reading is key: you lose the non-verbal cues you get/give in a classroom and your instructor’s role may shift to a guide through (vs. distributor of) information
- Communicate effectively: initiate more contact, be persistent and direct, and express your confusion and concerns to your instructor as needed
- Participate regularly: commenting in online discussions may be needed to increase your presence, shared learning, and sense of class community
- Ask for help: contact your instructor or IT with difficulties and questions immediately, and share solutions with classmates
- Be patient: as much as your instructor will try to be prompt in answering questions, they may be fielding many concerns from other students
- Stay connected: if distance learning feels too distant, see if classmates are in online chat rooms while you study to avoid feeling isolated