

Tips for Transitioning to Virtual Learning

COLLEGE OF
APPLIED HEALTH
SCIENCES



Treat it Like Class

- Put your phone away
- Don't have the TV on or windows open
- Get ready for the day - wake up early, have breakfast, get dressed, etc.
- Monotask - focus your energy on one task at a time
- Take notes how you normally would
- Have a designated "off" time when you're not working on anything school related
- Watch playback at normal speed (1.5x can lower retention)



Have a Designated Space

- Don't sit in your bed
- Have a decluttered, clear workspace



Collaborate - Don't Isolate

- Be sure to reach out to classmates to discuss ideas, concepts, etc.
- Use platforms like Google Hangout, Zoom, GoToMeeting, etc. for study sessions
- Don't forget about your professors! Don't be afraid to reach out to them if you need clarification or have any questions



Take Advantage of Calendars/Planners

- Review changes to syllabus and record any changes in due dates, exams, etc.
- Carve out time for class.
- Dedicate your old commute time to accomplishing a task
- Use your old study time for the same purpose
- Look at online tutor options and schedule that time.
- Don't forget to add in personal time!



Leverage Resources to Help

- ASAP for online tutoring
- Your instructors and advisors



Academic Support and
Achievement Program

Don't Forget to Take Breaks

- Exercise
- Snack
- Meditate
- Be creative
- Connect with a friend

