



## **Success Tips While Staying At Home**

### **Get Dressed**

With the exception of finals week, you most likely wouldn't wear pajamas to class. Get dressed like you are coming to campus to get in a studious mindset. Otherwise, you might be find yourself lounging on the couch at noontime eating cereal out of the box while watching TV.

### **Make a Dedicated Workspace**

Find a space that you can dedicate to “attending” online classes and studying. It might be your dining table, it might be a home office, and it might be your mom's sewing room. Wherever you establish this place, set it up so that your brain knows “when I'm in this space, it's time to focus.”

### **Establish a Routine**

Because the switch to online courses along with the closure of campus, and most likely your employment schedule as well, much of your Spring 2020 routine has been severely disrupted. Setting a new schedule for yourself can help provide structure and keep you motivated.

### **Stay Organized**

Keeping a calendar (weekly, daily or both) and/or a to-do list will assist you in time management and hopefully keep your procrastination tendencies at bay.

### **Set Boundaries**

Talk with the people you live with about creating a situation that respects your time and study space. Share your plan and schedule with everyone so they know what to expect.

### **Turn Off Distractions**

You should not be texting in class, so don't text people when you are in your study space. Some students like having background noise while studying so that is a personal preference.

### **Stay Connected**

Without a doubt, completing your coursework for the Spring 2020 semester off-campus can be an isolating experience for many students. Even if we can no longer spend face-to-face time with others on campus, connecting with family, friends, fellow students, faculty and staff might be more important than ever.

## Be Adaptable

For the rest of the semester, you may have to incorporate new learning strategies and different organizational techniques that may be unlike your established pre-Covid-19 study habits. This situation requires all of us to practice our growth mindset attitude and reject the victim mentality of a fixed mindset.

## Practice Self-Care

During this stressful time, take care of yourself. If you regularly attended anything that contributed to your mental, physical, or spiritual health, keep those things in your schedule and find ways to attend or watch them online.

## Validate the Experience

Your life as a student has dramatically changed since you went on Spring Break. Don't look at the second part of the Spring 2020 semester as some sort of vacation. Until the end of the semester, use the time to become not only a better student but also a better person. For example, you will most likely have the opportunity to demonstrate patience and compassion toward others that have been thrown in the same situation as you.

## Please Remember, This Will Pass.

We can't wait to see all of your smiling faces back in the Success Center. We don't know when this will happen, but rest assured it will happen. Until then, take a deep breath, do your best, take care of yourself and your family.

### Attributions

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