

Distant Learning TIPS

from the Academic Skills Center

Rise & Shine

Get up, get dressed & find a distraction reduced spot to attend Zoom classes daily! Participation is key!

MAKE A SCHEDULE

Make a study plan to catch up on & complete readings, assignments, projects & papers. List out your final exam schedule & times to study!

just breathe

Need extra help? Sign up for online peer tutoring.

Take advantage of Professors' office hours.

Take 20 minute brain breaks to refocus.