

STAY MOTIVATED: REMOTE LEARNING EDITION

Brought to you by the Office of Student Success, Academic Skills Center, and the Writing Center



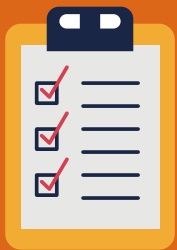
engage & connect with others

- Engage in discussion boards, chats, study groups
- Email professors & visit during **office hours**
- Schedule **phone calls or virtual meetings** with professors & classmates
- Attend **virtual events and services** -- it helps you stay connected and meet new people
- **Reach out** to mentors, friends, and peer tutors for advice



manage your learning

- Create a **weekly schedule** as well as a **plan** for managing larger projects
- **Categorize tasks** from easiest to hardest
- Work **each day**, even if there's no assignment due; this gives you flexibility when unexpected needs arise
- Set a **timer**: work in 25- or 50-minute increments (aka the pomodoro method)
- **Take breaks**: give yourself 5-10 minutes to stand up and stretch or look at your phone (and set a timer)



set & track reasonable goals

- Develop goals that are **concrete** and **measurable**; break big projects into smaller tasks
- **Be realistic** about your time
- **Identify obstacles** in advance and make concrete plans to deal with them
- Do a **few smaller tasks** to get back on track
- Build in **rewards** for yourself when you meet your goals



establish positive routines

- Eat regular, **healthy meals**
- Take a **walk** before class
- Set a **consistent** schedule (and make adjustments when needed)
- Find an **accountability buddy**
- Do a **little each day, every day** (avoid the "do it whenever I can" approach)
- **Start earlier**: it can be hard to focus when learning remotely, so starting tasks earlier can be helpful

find your people



- Reach out to your professors or mentors
- Contact **Counseling Services**: 903-813-2247
- Connect with the **Academic Skills Center**: austincollege.edu/asc
- Connect with the **Writing Center**: austincollege.edu/writingcenter