

# ONLINE LEARNING TIPS

# SETTING A SCHEDULE

With online classes there may be less activities scheduled for a set time. Setting a schedule can help provide **structure and motivation.**

Include the following activities on a daily or weekly calendar:

- ✓ School work
- ✓ Work schedule and chores
- ✓ Social activities
- ✓ Exercise
- ✓ Self-care activities



	Scheduled Activity	Course Tasks	Personal / Self-care
8am			Shower, Breakfast
9am	Call in for remote lecture		
10am		Read chapter 3	
11am			Break - video call with friend
12pm			Lunch
1pm		Read chapter 4	
2pm	Recap lecture with classmate		