

## ONLINE LEARNING TIPS

# ADOPT NEW STRATEGIES

Look for ways to adapt your usual habits or form new ones.

If you usually study in a coffee shop or library...

Ask yourself what kind of environment helps you study. Try to recreate that at home. Such as studying in a chair, rather than on a couch, or moving to a new spot when you change tasks. If you need background noise, try a white noise app.

If you usually study with a group or a tutor...

Try a virtual study session with your group using Zoom, Google Hangouts, FaceTime, Skype, or over the phone. Access Learning Commons services online.

If you thrive on strict timelines, but now have a more open schedule...

Think about how working with others or setting up a schedule can recreate that for you. When that gets hard, see if you can even do fifteen minutes at a time.