

The Importance of Keeping a Schedule During Distance Learning

We're all in this together!

Things may feel out-of-control right now. You may be facing a lot of unknowns and disruptions. Be patient with yourself, your classmates, and your instructors during this time. Prioritize your overall wellbeing. Creating a schedule may help you gain a sense of control.

Tips to stay on track

- **Make a plan**
 - Planning is one of the best stress management techniques. Review your classes each Monday, and write down your plan of attack for the week to help stay organized and prioritize assignments.
- **Keep everything organized in one place**
 - Keeping all information in one convenient place helps you stay organized. Even though you're learning online, you can still use electronic folders to organize information for each subject! Utilize google calendar for reminders!
- **Do homework & study with friends online**
 - While we are all doing our best to practice social distancing and reduce the spread of the coronavirus, safe social interaction is helpful, especially for studying. Consider organizing virtual study groups with your friends to socialize and hold each other accountable.

Tips for creating a routine

- Wake up, get dressed and eat breakfast at a **Normal Time**
- Decide where you can do your work most effectively and with the least distractions
- Work for 30 minutes at a time, then take a break
- Make sure you eat lunch
- Check in with your teachers, let them know your working on assignments and ask for help if you need some
- Avoid multi-tasking
- Get some exercise
- Socialize, whether its facetimeing with a friend or even texting
- Treat online school like real school: homework and attendance does matter
- Remember this is temporary-we'll be back to normal as soon as we are able to!