HOW TO STUDY FROM HOME DURING COVID-19
Creating a schedule that works for you

STAY ORGANIZED
Write down all of your assignment deadlines in one place, and work to prioritize the ones that have sooner deadlines. Pick a dedicated work space, and keep it organized. Working in a space that is organized will help to reduce the number of distractions.

SET A SCHEDULE
Setting a schedule can help to keep you on track with your work, especially when you are working from home. We recognize that many students have jobs, kids, spouses, etc., so it is important to create a schedule that works for you. We have created a sample schedule for you, but change it up if it does not work for you.

AVOID MULTITASKING
Watching our favorite show while working sounds like a good idea, but often makes us less productive. Avoid doing other things while working. Instead, reward yourself with fun activities when you meet work goals (i.e. completing an assignment, finishing a lecture, etc.).

TRY NEW STUDY STRATEGIES
Your routines for studying may have been thrown off due to COVID-19. This is a perfect time to try new ones. If you’re used to studying in a library, where is a quiet area in your home that will do? If you are used to handwriting notes in-person, try this even with online lectures.

FIND ACCOUNTABILITY
Sometimes, having others hold us accountable for getting our work done can be helpful. Try having a virtual “study date” with friends or classmates where you can encourage one another to get your work done on time. Also, you can encourage one another to stay focused for periods of time. Support is essential!

STAY ON TRACK
As much as possible, try to stay current with the content being covered in your classes. When we fall behind on our classwork, what was very doable starts to feel overwhelming and unmanageable.

BE KIND TO YOURSELF
As much as possible, be kind to yourself. This is a new type of learning, and you have not had much time to prepare. Give yourself breaks, reward yourself with things you like, and remind yourself that you are doing awesome!
SAMPLE ACADEMIC SCHEDULE

Wake Up- 8:00 AM
Breakfast/Get Ready- 8:30 AM
Join Class Session Remotely- 9:00 AM
Do Reading (i.e. Ch. 3)- 10:15 AM
Grab Coffee/ Take a Break- 10:45 AM
Complete Assignment 1- 11:00 AM
Lunch Time- 12:00 PM
Join Class Session Remotely- 1:00 PM
Take a Break- 2:15 PM
Complete Assignment 2/ Remaining Tasks- 2:30 PM
Finish the school Day- 5:00 PM

*Adjust this schedule so it fits with your needs and classes