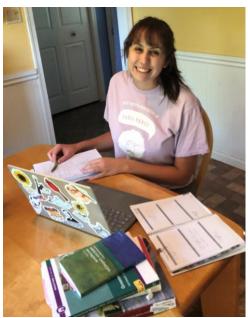## Tips for Successful Remote Learning
By Erica Belovich, COM '21

When we switched to remote learning last spring, initially I struggled to start my work and attend classes. My books were scattered around the house, my planner was in shambles, and my sleep schedule was completely ruined. However, through some help from friends and family, I was able to find ways to keep myself organized and motivated.

Here are a few tips and tricks that helped me last spring and that will hopefully help you this semester:

1. **Take Advantage of Calendars and Planners:** With remote learning, it can be hard to keep track of the days—especially when it comes to online meetings and due dates. Utilizing physical planners or calendar apps can help keep you on track. I put all of my meetings and classes into Google Calendar and set it to remind me thirty minutes before my commitment.

2. **Attend Virtual Office Hours:** If you're confused about something that was taught in class or need clarification about an assignment, sign up to meet your professor during virtual office hours. Zoom office hours can be intimidating at first, but professors *want* to help. Getting the answers you need early on will make your life a lot easier.

3. **Set a Sleep Schedule:** It's all too easy to roll out of bed and jump onto a virtual class but having a set sleep schedule will help you to have more energy and feel better throughout the day. Plus, if you give yourself time to eat breakfast and shower before your first class you'll feel more awake and focused.

4. **Make a Work Space for Yourself:** It's hard to study in the same place you relax so try to create a work area for yourself in your home distinct from where you sleep. When you are there, you know it's time to get focused! Make sure to let those you live with know when you are attending class so that you don't get interrupted.

5. **Take Time For Self-Care:** Classes, work and club meetings can become overwhelming, *especially* when things are virtual! Make sure to step away from your computer and take some time for yourself. Call a friend, take your dog for a walk, cook your favorite meal or go for an invigorating run. You deserve it.

Although virtual learning can be challenging, with some patience and practice you'll become a pro at it!