

study habits during covid-19

WE ARE IN THIS TOGETHER

Transitioning to online learning, teaching children at home, working more or fewer hours, worrying about what happens next—there is a lot going on right now. Be patient with yourself, take care of yourself, and honor your feelings. And know that this time will pass. We don't know when we'll get back to normal, but we will get there. This guide is a resource. Feel free to use what helps and serves you during these times. We are committed to helping you reach your academic goals. Your success is our priority.

1. It's like starting over for some

If you have never taken online courses, this transition can be like the first day of classes all over again. It's totally okay to feel confused and uncertain about what to do next. Staying organized will be the key to being successful in the new online formats.

Here are some things that can help:

- Log in to Blackboard and spend some time looking at each course and lesson plan listed.
- Look to see whether your course meets at a specific time for a livestream, and document that in a calendar or planner.
- Are your due dates the same, or have some changed? Adjust your calendar or planner.
- How are quizzes being offered? Do you need any special software or equipment?
- If you have questions, is there an online way to do it, or can you email your instructor?

2. Make a plan—establish a routine and schedule

Planning is one of the best ways to manage stress. For some, it might be tempting to throw routines and schedules out the window. It's tempting to sleep in, stay up late, and check out the new Tiger King documentary. Maintaining a routine and schedule can make the online learning experience go more smoothly and result in more success. This is especially true if you are homeschooling children. Getting dressed is a great way to establish the mindset that you are heading to class. Below is a sample schedule. Please note that this represents an ideal situation, and things change day to day. It's just meant as a guide. It's important that your goals for this time period are realistic, so set small achievable goals for each day.

7:00 a.m.	Wake up	Breakfast, brush teeth, get dressed, any morning chores.
8:00 a.m.	Exercise	Wake yourself and family up with movement or fresh air.
9:00 a.m.	Academic time	No electronics or TV, time for all to work on school work. This is a great time to check what due dates are coming up.
11:00 a.m.	Break for kids	Music, playing outside, drawing.
Noon	Lunch	Lunch time and free play.
1:00 - 2:00 p.m.	Quiet time	Reading, learning games for children, schoolwork time for you.
2:00 - 4:00 p.m.	Academic time	Wrap up kids' schoolwork, and try to get a few learning plans in Blackboard.
5:00 - 6:00 p.m.	Dinner time	
6:00 p.m. - Bedtime	Free time	
Bedtime for Kids		Finish any remaining work that you have.

3. Create a distraction-free learning space

Many of us are used to studying on campus, in coffee shops, or in the public library. How can you re-create some of that atmosphere at home. Try to avoid putting any distractors in this space, like TVs, phones, etc.

4. Stick to your instructor's lesson plan

Stay on task with what is happening each day and week. Try not to fall behind, and be mindful of due dates. Create small achievable goals for each class daily.

5. Do not procrastinate

Right now, it might seem like you have all the time in the world, but sticking to a schedule and being mindful of deadlines will keep you on track for success.

6. If things aren't working—personally or academically—what can you do?

Reach out to your instructor for some guidance and clarification on what needs to be done in class and what resources you can access to support your success. Counselors are available to listen to your challenges and develop some strategies to change your direction on the basis of “try something different and you will get different results.” You can schedule an appointment with a counselor by going to mstc.edu/student-services/counseling.

Academic supports are available virtually. Brainfuse online tutoring is a 24/7 tutoring resource that can be found on your Blackboard account. The LiNK is also available in a virtual format through Microsoft Teams. Drop-in hours are Monday – Thursday, 9:00 a.m. – 6:00 p.m., and Friday, 9:00 a.m. – 2:00 p.m. View the LiNK's [Virtual Lobby Directions](#) for more information.

Final Tips:

- **Stay connected to your Mid-State team.** Reach out to your instructor or academic advisor, or schedule an appointment with a student success counselor. When in doubt, reach out. Everyone at Mid-State wants to help you succeed.
- **Do not multitask.** Turn off distractions when you are working on course work. Watching YouTube or scrolling social media while listening to a lecture will not accomplish much. Be present with what you are working on and save social media for a reward.
- **Create virtual study groups.** You can use Teams or Brainfuse to create virtual meetups to study with your classmates.
- **Take breaks.** Take time to exercise, step outside, or find ways to regain focus.
- **Take time for wellness.** Quality sleep, getting enough sleep, exercise, and practicing mindfulness will help you come out of this situation a healthier person.
- **Stay positive.** Feeling overwhelmed or getting behind can cause additional stress. Focus on the daily wins and what is going well. This will make everything seem a little bit easier. Writing down three to five things you are grateful for daily can help you seek out positivity.
- **Remember why you started this journey.** Keep your eye on the prize. It's okay to feel discouraged, but remind yourself that this will all be worth it when you successfully complete your courses and finish your degree. Celebrate what you cross off on your daily to-do list and everything you accomplish in 12 hours.