

STAY ORGANIZED DURING REMOTE LEARNING



With remote learning your academic, social, and work obligations likely differ from past terms. Now is a good time to revisit study strategies, time management, and other academic skills to make sure you can make the most out of your day.

MANAGE YOUR TIME

Q: How have your obligations changed?

Do you now have chores or no longer have certain club commitments?

Q: How does your time zone affect your usual study habits?

Do you now have to study in the mornings because your classes are in the evening?

Q: How will you keep track of your schedule and assignments?

What tool works best considering that you will be working with people across time zones?

See time management tips on the ASC website:
<https://tinyurl.com/ASCTimeTips>

STAY MOTIVATED

Q: What new and old distractions exist in your new environment?

Q: What new strategies can you use to avoid procrastination and to stay motivated?

Different distractions might call for different strategies to keep on track.

EX. Communicate with the people around you for "quiet" hours, or schedule a time in your day to play with your pets.

See motivation tips on the ASC website:
<https://tinyurl.com/ASCMotivation>

STAY ACTIVE

Make sure you still schedule a time to exercise. There are so many ways we can stay active; be creative with how you exercise! Do exercises that don't require equipment and can be done in your house or take a walk around your neighborhood.

If you do go outside, keep these tips in mind from the Outdoor Programs Office to stay safe and responsible:

<https://tinyurl.com/OPOCovid>

CREATE STRUCTURE

Q: What are your goals for the term? For the year?

How have your goals changed? In light of the new situation, how should you adjust your expectations?

Q: How can you make the most of the current situation?

Spend time with your family, pick up a new hobby, or read a book. Remember that while remote learning might close some doors, it can open doors for other opportunities.

FOR MORE TIPS...

SCHEDULE A MEETING WITH AN
ACADEMIC COACH



Karen Afre (left)
Carl Thum, Ph.D (right)

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HOURS: 8:00AM-4:30PM EST