



STAYING WELL DURING REMOTE LEARNING



KEEP HEALTHY SNACKS

Try to eat healthy snacks- fruits, granola, etc. but let yourself enjoy the occasional indulgence.

STAY CONNECTED

Schedule video group chats with friends and keep connected!

KEEP EXERCISING

Spend a few minutes exercising after 30-minute or 1-hour periods of study. You can take short walks outside (avoiding any crowded areas), or look for routines you can do at home, without specialized equipment!

KEEP COMFORTABLE

Keep flowers, plants, or other soothing pictures in your dedicated workspace. If the news makes you stressed, turn on airplane mode for the few minutes you use to destress (ex. during exercise).

REACH OUT

Know that Dartmouth has resources and people you can reach out to during this difficult time. The Academic Skills Center and Tutor Clearinghouse are here for you.

Schedule a meeting with one of our Academic Coaches, Karen Afre or Carl Thum at dartgo.org/academicskills.

Join a Tutoring Group or request an Individual Tutor from the Tutor Clearinghouse at dartgo.org/tutorclearinghouse.

