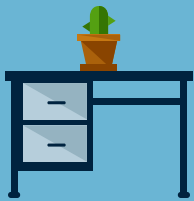# Strategies For Learning in An *Online Environment*

Dedicated Work Space

Decide on a regular space to study that is quiet and distraction-free. Keep the supplies you need nearby. Let your roommates or family know when you're working and ask to not be disturbed.

Structure Your Time

Having an unstructured day makes it easy for time to slip away. Create a schedule with set times to watch lectures, study, read, and do your work – and stick to it! Plan for 2-3 hours of time each week per credit hour to be successful.

Stay Mentally Engaged

Take notes in online lectures just as you would in the classroom. Use the chat or raised hand features in Zoom to ask questions. Emails your professor or classmates after class to follow-up.

Connect Virtually

Isolation can weigh on your mental health and impact your ability to complete your work. Continue to connect with other students virtually through FaceTime, Goodle Hangouts, Zoom, or virtual study groups.

Ask for Help

Campus resources are still available - they've just moved online! Check your email, call the office, request a Zoom appointment, visit campus websites, and reach out to ask for help when you need it.

Take a Break

Studying for 10 hours straight will likely lead to stress and burnout instead of success. Take breaks to get your blood flowing and give your eyes time to rest. Remember to take care of yourself!