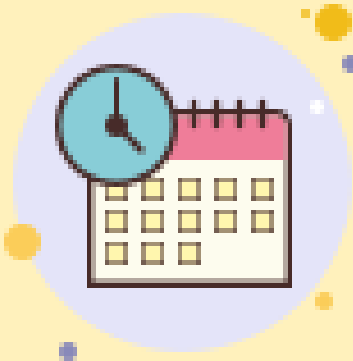


ADJUSTING TO DISTANCE LEARNING



DISTANCE LEARNING TIPS



STRUCTURE YOUR TIME

It can be easy to feel overwhelmed and disorganized when you don't have a set schedule with places you need to be. Developing a daily routine will help you feel more in control and stay on track.



GET ORGANIZED

If possible, create and organize your study space. Try to find a quiet area at home where you can study without interruption. Keep a planner to stay on top of schoolwork.



FOCUS ON ONE TASK AT A TIME

Make a list of your assignments in order of priority and complete one at a time, focusing on the easiest assignments first. This can help you feel more organized and in control, while giving you a greater sense of accomplishment.



TAKE FREQUENT BREAKS

Make time for exercise or self-care every day to break up your day and maintain motivation and energy.

MAINTAINING MOTIVATION

Staying motivated while engaging in distance-learning is essential to reaching due dates and accomplishing your goals. These tools may help you adjust.

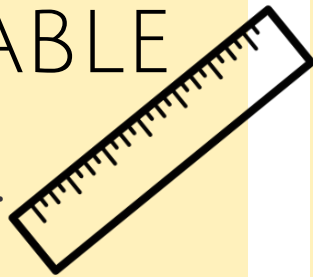
SET SMART GOALS

SPECIFIC

Write down your goals in detail.

MEASURABLE

Track progress with measurable outcomes.



ATTAINABLE

Set realistic goals. Do you have tools and resources to attain them? Ask for help.

RELEVANT

Make sure your goals are relevant to your responsibilities.

TIME-BASED

Specify deadlines & due dates.

MONITOR, REWARD, ACCOUNTABILITY

MONITOR

Keep track of progress.

Seeing and acknowledging will help boost your self-esteem and motivation.



REWARD

Reward yourself for completing tasks and taking steps towards achieving your goals.

ACCOUNTABILITY

Ask for help and share your goals. Meet up with classmates by phone or online to keep you accountable.



PRACTICE SELF-COMPASSION



Adjustment takes time. Have patience with yourself & don't give up.

COUNSELING CENTER STAFF ARE AVAILABLE FOR ASSISTANCE.

(410) - 704 - 2512

MONDAY - FRIDAY | 8:00 AM - 5:00 PM