

Advice for Adjusting to Online Classes

Make it Familiar	Create a Learning Environment
<ul style="list-style-type: none"> • If you enjoy listening to lectures but the material is written, record yourself reading notes and then listen to the recording • If you find it hard to focus in an online class, use a stress-ball or fidget while reading your notes or listening to a lecture • If you enjoy taking notes in classes, take notes while “attending” an online class as well 	<ul style="list-style-type: none"> • Sit at a proper desk, or table and chair • Ensure a stable internet connection • Turn off social media notifications • Wear what you would wear if you were attending class • Communicate with anyone in your home when you will be working to reduce distractions • Use noise-cancelling headphones (with or without music!) to help limit distractions
Take Active Breaks	Stay in Touch
<p>Take breaks! Get some fresh air, play with a pet, draw, listen to music, or chat with a friend on the phone.</p> <p>Set a timer for your breaks and your working time, so you can relax guilt-free and remember when to go back to work.</p>	<p>Just because you aren't in class, doesn't mean you can't communicate with classmates, professors, or Teacher Assistants – you can find classmates' and professor contact information on UR Courses.</p> <p>Reach out to ask questions, discuss content, and help one another, just like you would in a classroom.</p>
Stay in Routine	Still Have Questions?
<p>Block off time in your schedule to “attend” class</p> <p>Also book time for working on assignments, homework, and studying</p>	<p>The Student Success Centre is here to help!</p> <p>Contact us here: In Person: RC 230 (second floor of Riddell Centre) Phone: 306-585-4076 Email: Student.Success@uregina.ca</p> 