

Hi Students! It can take a little while to get used to 'doing school' online. Fit-able has put together a few tips to help you get started with remote learning this semester. Try to be patient with yourself, and don't be afraid to ask for help. We are here for you.

Tips to Help Get Started with Remote Learning

Use a Planner

Keep your planner out and open at all times. Put everything in your planner: homework, exam dates, family time, social breaks, workouts, etc.

Connect with Instructors Early

Take the initiative to ask questions and seek help. Your instructor may not be aware if you are confused or feeling frustrated understanding a lecture or reading. You must take the first step to communicate your questions and concerns.

Take Responsibility for Your Learning

It can be much harder to sit down at the computer on your own than to show up to class at a set time. It will be up to you to invest the time, energy, and focus necessary to succeed.

Limit Distractions

When working on course material, put away your phone, close other tabs and 'turn off' social media. Turn off the TV and streaming services. Work alone in your chosen space, or use headphones to block out distractions.

Develop a Routine

Consistency can be the key to your success. Write down your general weekly schedule and create a routine. Include things like when you'll do your homework, when you'll review the things you've learned, when you'll exercise, etc. It may not be possible to stick to a routine all the time, but having a framework can keep you focused and on track.

Make Time for Your Mental Health

Going for a walk, working out, meditating, calling a friend, etc., is necessary for your mental well-being. Try to set aside at least 30 minutes a day for YOU.

Use Opportunities to Interact with Other Students in the Course

If you can interact with other students online, do it. If you know another person taking the same course, consider reaching out to them so that you can study together and talk over assignments. Students who feel they are part of a learning community always do better than those who feel isolated and on their own.

Instead of Multitasking, Work on One Thing at a Time

Multitasking may seem like a good idea but it generally doesn't result in the best outcomes. When you try to do two things at once, your brain often lacks the capacity to perform both tasks successfully.

Use a Stopwatch or Timer

Using a timer can help add a sense of urgency. Try working in blocks of 30 to 40 minutes, followed by a short break. If you can, set a timer for your breaks too, so that you don't take a longer break than you intended.

Quiz Yourself Before You Feel Ready

Don't wait until you feel completely ready for a test to see if you are. Sometimes the best way to learn is by quizzing yourself throughout the entire process, not just the night before an exam.

Make your Bed Every Morning

This is a small victory to start your day. It will keep you from getting too comfortable and set a positive tone for the rest of the day.

Please feel free to reach out to Fit-able's Program Coordinator of Disability Services, Sapna Thakkar, at sapna_thakkar@fitnyc.edu if you would like to chat about any of these in further detail.