STUDY TIPS FOR ONLINE CLASSES

Tips and tricks for making the most of the move to online learning and avoiding burnout
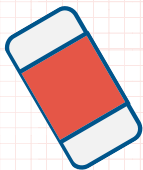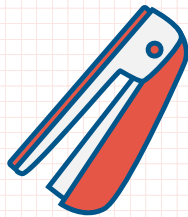
ALL BRAINS

ENVIRONMENT

Dedicate different areas of your space for different things (e.g. academics, sleep, Netflix, art, reading, etc.) to help create a distinction between work time and rest time.

If you live in a noisy environment but don't like to listen to music when you study, listen to white noise.

Clean your space and make it comfortable and usable for you. Put art, pictures, or inspiring quotes and affirmations on the walls to motivate you.
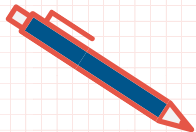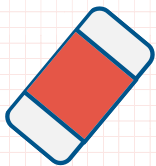
Do at least one thing in the morning to get you ready for the day. This can mean just brushing your teeth or doing a full routine.

Instead of getting overwhelmed by a long list of things to do, choose three things you want to accomplish for sure by the end of the day. Reward yourself for completing these tasks!
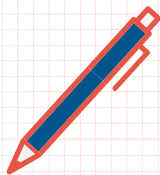
If you don't want to write out the times you need to have things done by, try making a flowchart of what getting ready for the day looks like.
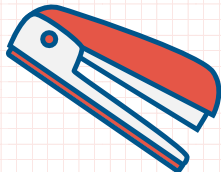
ORGANIZATION

BODY

Pay attention to how your body feels. Eyes are muscles, and they can get tired quickly too! If you feel your eyes starting to hurt, take a break from doing work.

Make sure to hydrate and nourish your body appropriately. Try to stick to a consistent sleep schedule if possible.

Wear clothes which feel comfortable to you to put yourself in the most pleasant state.

Exercise is great for reducing stress and increasing energy levels. Take a free workout class offered by UCLA Recreation to get your body moving!
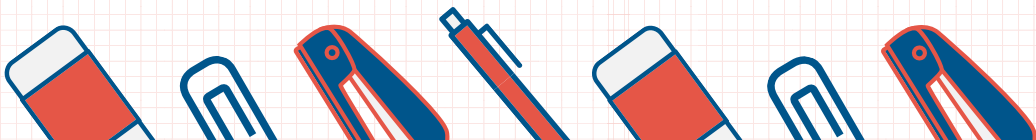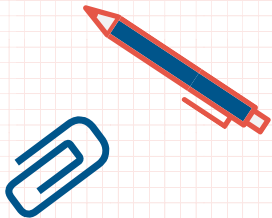
Take breaks and spend time with the people around you if you can. Reach out to friends and play online games to feel connected!

Use the chat feature or discussion boards to ask if anyone in your class wants to form a study group.
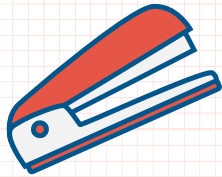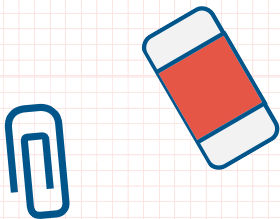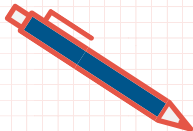
Apply for an All Brains peer mentor and go to game nights. Attend the GRIT Program's Connection Circles and Resilience Workshops for extra support.
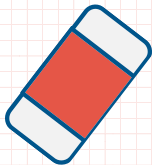
SOCIAL

TECHNOLOGY

Use an app or software like SelfControl to restrict any social media distractions.

Use the app Flora to help you focus on tasks, not get distracted by your phone, and get a reward for studying for a certain period of time!

Listen to audiobooks/podcasts instead of reading of books or news online to give your eyes a break and still get similar information.
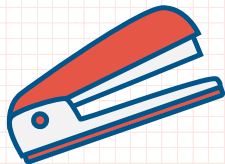
REMINDER:

IT'S OKAY IF YOU'RE NOT REACTING THE WAY YOU WOULD EXPECT OR WANT TO DURING THIS TIME!

This is a new experience for everyone. You're not alone. We're all in this together!