

REMOTE LEARNING TIPS:



ESTABLISH A DAILY ROUTINE.

Waking up, getting dressed and eating breakfast at the same time each day can help you settle into your schedule. Block out ample time to complete homework assignments and study.



CREATE A WORKSPACE.

Whether it's a desk in your bedroom, the dining room table, or other quiet space, a dedicated workspace to call your own is important.



SET BOUNDARIES.

Being home can create unintended learning obstacles – family, pets and chores – can all unintentionally want more of your time. Remind everyone that your studies come first, but you'll spend time with them when done.



TAKE A BREAK.

Try to avoid "digital overload" in our new online learning environment. Spend time outside and with those in your household; mediate; check in with friends; and remember to relax.



CHECK YOUR SRU EMAIL 2X PER DAY.

Use it to communicate with faculty, staff and classmates, and receive the latest University news and updates.



USE YOUR SRU RESOURCES.

Your faculty and your academic adviser are just a click or call away. Everything you had on campus – Academic Services, Tutorial Center, Student Success Coaches, and more – are all still available. Learning remotely doesn't mean learning alone. We're here for you.