

# Study Habits Guide

## Adapting study habits during COVID-19

With the many changes happening on campus, your study habits may need to change as we all adapt to virtual/remote learning. Here are some strategies to keep in mind:

### 1 Stay organized

With so many things changing in your courses, you might be reliving that first-week-of-class confusion. Here are some things to keep track of for each class:

How are face-to-face parts of the class changing?

- What were the in-person parts of this course (lecture, lab, etc.) and how are they changing?
- Where can you find the virtual space (live-stream, lecture capture, etc)?
- Is it at a specific time or can you watch it anytime?
- Will you need a web camera, microphone, and/or speakers?

Are assignments changing?

- Are there new due dates?
- How will you submit assignments?
- Are any quizzes or exams being offered virtually?

What should I do if I need help?

- Is your course offering virtual office hours?  
When and on what platform?
- Is there an online forum for asking questions?
- What student support services are available? See below

Example to keep track of changes

Notes	Class 1 Chemistry	Class 2 English
<b>Important dates</b>		Paper due Monday
<b>Big Changes</b>	No lab Virtual lecture	Recorded Lecture
<b>Important Links</b>	SI Online Link	Echo 360 Link Office Hours Link

### 2 Make the most of your virtual environment

With the current change from face-to-face courses to a virtual environment you might be wondering what that means for your learning.

In a virtual class, you might be able to logon and listen to your professor lecture in real time -- just as if you were sitting in a campus classroom. You might also be able to logon when most convenient and listen to a recorded lecture by your professor. Check with your professor.

Suggestions for virtual environment

- Stick to your regular class schedule as much as you can.
- Find out how to ask questions. Whether through a chat feature/discussion forum/email.
- Close distracting tabs and apps!
- Take notes as you would if you were there in person.
- Practice online etiquette and follow the Student Code of Conduct.



### 3 Set up a schedule

During this social distancing time, you may have fewer social commitments, group meetings, or work hours. Set up a schedule to keep you motivated and give you structure.

Include important deadlines, but don't forget to include self-care!

Time	Scheduled Activity	Course Tasks	Personal/ Self-Care
8 a.m.			Breakfast
9 a.m.			Take a short walk
10 a.m.	Virtual lecture		
11 a.m.		Read Chapter 7	
12 p.m.			Call Mom
1 p.m.			Online Tutoring

### 4 Trade your strategies for new ones

Your routine may have to be adjusted during this time. For example:

- If you usually study in a coffee shop or library, ask yourself what kind of environment helps you study. See if you can recreate that at home. Maybe it's studying in a chair, rather than on your bed or couch, or moving to a new spot when you change tasks. If you feel you need background noise, consider a white noise app.
- If you always study in groups, try a virtual or even phone-based study session with your group.
- If you thrive on tight timelines, but now have a more open schedule, think about how working with others or setting up a schedule can recreate that for you.



### 5 Adapt to remote collaboration for group work

- Try not to procrastinate. Group projects may be out-of-sight, out-of-mind if you don't see each other regularly. Resist the urge to put them off. Make small progress and stay in touch with your group.
- Meet regularly, especially if you usually touch base during class or lab. Consider a quick text on your group chat about progress every couple of days. Ideally, have real conversations over video to keep working together.
- Set a purpose for meetings and use a shared notes doc. Meetings might feel different when using video. Take notes in a shared doc so you can all contribute and follow along.
- Keep videos open when you can. As long as you can see whatever you need to collaborate, aim to keep the video visible on your computer screen. It'll help you see the expressions of your teammates and stay connected to each other.
- Check on each other and ask for backup: If someone has been absent from your group meetings or chat, ask them directly if they're still able to participate in the project. If you aren't getting responses within a day or two, let your instructor know. Know it isn't being petty, it's your team's responsibility.



## 6 Stay connected with other people

Practicing social distancing, does not mean you have to be disconnected from others. Connecting with friends and family might be more important than ever!

Ideas to keep you connected with family, friends, classmates, and faculty:



- Schedule video calls with friends and family. Talking with loved ones is often really helpful when you're stressed or nervous about something. Taking a break to have a laugh is also important.
- Attend virtual office hours for your class.
- Create virtual study groups with your peers to stay up on your coursework.

## 7 Find campus resources

TAMIU offices are providing virtual services to help you achieve academic success. Find out how to access these services.



- University Learning Center is offering online tutoring and online Supplemental Instruction services. Sign-up for online tutoring at [go.tamtu.edu/ulc-check-in](https://go.tamtu.edu/ulc-check-in)
- Writing Center is offering online assistance for all tutoring and supplemental instruction session. Submit your paper for online assistance at [www.tamtu.edu/uc/writingcenter/assistance.shtml](https://www.tamtu.edu/uc/writingcenter/assistance.shtml)
- Advising and Mentoring Center is providing online advising and mentoring to freshmen, sophomore, and MDS students. Visit [www.tamtu.edu/amc/](https://www.tamtu.edu/amc/) for more information
- Student Health Services is available by appointment only
- Therapy Assistance Online (TAO) offers accessible, pro-active resources for all students. Use your University email and login to TAO at <https://thepath.taoconnect.org>
- Contact the **Office of Information Technology** for online software questions, including Blackboard, Collaborate, etc.
- Visit the Sue & Radcliffe Killam Library Website for information on services and hours at [www.tamtu.edu/library](https://www.tamtu.edu/library)

## Dustdevils, remember, this will pass!

If COVID has disrupted your travel plans, ended a lab experiment you were excited about, or for any reason feels like it came at the worst possible time, remember: this is temporary.

You'll find your way when it settles down. You'll get back on track, and things will get back to normal. We don't know when, but it will happen.



Take a deep breath, wash your hands, and practice social distancing!

Adapted with permission from the Center for Academic Innovation at the University of Michigan  
Created by University Learning Center