

Adjusting Your Study Habits for Distance Learning

We will get through this together.

Be patient with yourself, your classmates, and your instructors during this time.

1. Take an ACTIVE role in communicating with your instructor.
2. Identify as a student with a disability.
3. Make sure they are aware of your accommodations prior to exams.
4. Email disability.services@baruch.cuny.edu if you have any questions.
5. Take care of your physical wellbeing first, then plan and adjust your **study habits**.

#1 Stay organized

- You can no longer rely on being in the same place at the same time to receive information from instructors and classmates. Stay in touch with your instructor.
- Are assignments changing? Are there new due dates?
- Learn how to submit your assignments before they are due.
- Faculty offers virtual office hours – use them! Schedule one.
- Create an email folder for each class and dump any communication into that folder to manage the huge influx of digital information
- Your accommodation needs may change, keep in touch with SDS and your professor

#2 Avoid multitasking

- Many people think they can do multiple things at once. But research shows that only 2% can multitask.
- What to do instead? Monotasking - Focus on one thing at a time
- Take breaks between tasks
- Plan to focus for 25-50 minutes, then take a 5-10 minute break

#3 Making the most of video lectures

- Stick to the instructors schedule as much as you can
- Stay on a schedule
- How can you ask questions? Find out.
- Is there a discussion forum
- Close distracting tabs and apps
- Continue to take notes as you would if you were there in person
- Watch recordings at a normal speed. Research shows that playing it slower or faster slows retention.
- If your classes are recorded, you can access them over and over. Take advantage of that to improve your learning.

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#4 Setting a schedule as the situation unfolds

- We all have fewer social commitments. Set a Schedule for yourself. This will help provide structure and keep you motivated.
- Engage in your courses EVERY day.

#5 Trading your old strategies for new ones

- For example, if you usually study in a coffee shop or library, ask yourself, “what in that environment helps you study? See if you can recreate that at home. Create a space.
- If you always study in groups, try a virtual or even phone-based study sessions.
- If you thrive on tight deadlines, but now have an open schedule, think NOW about how working with other or setting up a schedule can recreate that for you.

#6 Working with a group or team remotely will look different, but it is possible

- Try not to procrastinate. Make small progress and stay in touch
- Meet regularly
- Set a purpose for the meeting and use shared notes.
- Check on each other and ask for backup.

#7 Staying connected to other people is more important than ever

- Schedule video calls with friends and family. Take a break to laugh.
- Stay in touch with instructors and classmates, and Student Disability Services Disability.services@baruch.cuny.edu

Please remember, this will pass.

COVID-19 has disrupted campus life, travel and communication. It has made us all feel anxious. This is temporary. You will find your way when it settles down.

You'll get back on track, and things will get back to normal.