

STRATEGIES FOR SUCCESS

Are you new to online learning?

Are you concerned about doing well in a course that has now been moved online?

If so, we can help!

Here are strategies to help with online learning:



COMMUNICATE OFTEN

- Reach out to your instructor to find out how and when classes will be held.
- Instructors are encouraged to use CygNET to keep you informed. Your instructors will contact you with information regarding scheduled tests and exams.

Note: *If you aren't receiving emails from National University of Health Sciences make sure that your CygNET notifications are set to notify you right away when you receive messages in CygNET. For help, see the Notifications article: <https://tinyurl.com/y8r83zq3>.*

- Check your NUHS school email and log into CygNET daily.
- If offered, participate in virtual office hours.
- Keep in touch with classmates (exchange email addresses and phone numbers), including having regularly scheduled check-ins or study groups, similar to what you did on campus. You can use Google Meet for these meetings.

STAY ORGANIZED

- Take the time to put together the schedule and expectations for each of your classes. Check CygNET for updates to your syllabus.
- Prioritize your work. What due dates are coming up first? Make a smart decision about how to best spend your time.
- Break up large projects into small pieces. Once this is done, you'll be able to identify the easier tasks that can be started on right away. Use this momentum from the smaller tasks to start on the more difficult parts.
- Allow time to learn. Learning is a cycle of four steps: preparing, absorbing, recording, and reviewing/applying. Get into a habit of paying attention of this cycle, and it will become part of your process. Take an active mindset toward learning.
- Don't wait around. Give yourself more than enough time when turning in important assignments and tests. Make yourself a schedule that puts you well ahead of deadlines.

MANAGE YOUR ENVIRONMENT

- Schedule specific times in your day to dedicate to studying or participating in your online class. Check with your instructor if you should be calling into online live sessions.
- Avoid multitasking while working on courses. Many people try to do multiple things at once. What happens is that every time you move from task to task, you have to “reboot” your short-term memory and you lose the continuity.
- Consider using the "Do Not Disturb" function on your devices when you are trying to minimize distractions.
- Find a space that is comfortable and allows you to focus. This can be your home base for coursework.

TAKE CARE OF YOURSELF

- Stay healthy by getting adequate sleep, nutrition, activity, and exercise. Schedule time in your schedule to take care of yourself.
- Contact your health provider if you are feeling ill.
- Stay connected to friends and classmates online—to study, to offer each other support, and to keep from feeling isolated. You can create your own Google Meet meetings to start study groups or have study breaks.
- Keep a growth mindset as you adapt to new circumstances. Your success has as much to do with your effort as it has to do with your ability.
- If you are thinking of harming yourself or if you are worried about someone else and need advice about what to do, call the 24-hour suicide hotline in Florida call 727-791-3131 in Illinois call 630-627-1700.

ASK FOR HELP

- If you need learning accommodations, you can request help from Student Services.
- If you're feeling stressed or anxious, Student Services can also help you identify mental health resources to help you.
- Contact your instructor for academic support and free learning resources specific to your courses.