

# TIPS & TOOLS

## For Successful Online Learning

The College of Pharmacy recognizes the additional challenges students may be facing due to COVID-19, and we would like to address concerns and feedback we have received.

### Adapt to Changing Circumstances

- Develop a schedule for remote learning.
- Modify study habits and schedule based on which strategies are and are not working.
- Create a dedicated workspace.
- Assume academic work will require at the least the same time commitment as if on campus.
- Arrange for virtual study groups.
- Utilize resources provided by the University and College.
- Communicate with course coordinator(s) or instructor(s) with concerns.

### Participate in Self-Care

- Get an adequate amount of rest.
- Participate in regular mindfulness and wellness exercises, such as meditation or journaling.
- Make time for non-academic activities, such as hobbies or watching a movie, each week.
- Participate in physical activity.
- Schedule time to spend with friends virtually.
- The CoRec is offering virtual workouts and wellness activities.

### Enhance Productivity

- Set SMART goals for studying.
- Create a daily to-do list, including an estimate of how long each task should take.
- Watch recorded lectures and take notes during regularly scheduled class times.
- Develop a plan for completing projects, including a task list and deadlines.
- Take a 10-minute break for every 50 minutes of studying.
- Reward accomplishments.

### Minimize Distractions

- Use music and/or headphones to reduce noise.
- Silence alerts and keep open internet tabs to a minimum.
- Create a sign or signal to let others know when you are working.
- Utilize mobile applications to limit screen-

### Purdue Online Learning Resources

<https://www.purdue.edu/innovativelearning/learning-remotely/> Topics include:

- Self directed learning
- Overcoming procrastination
- Online discussions and Discussion boards
- Academic success center consultations
- Online Student Toolkit
- Collaboration with peers
  - Group contract or team agreement
- Accommodations
- Software support
- Internet access resources

### COVID-19 Resources

Purdue COVID-19 Information Center, 765-496-INFO (4636) or toll-free 1-833-571-1043 from Mon-Fri 8am – 8pm.

Purdue University Website: [Things you need to know about COVID-19](#)

College of Pharmacy Student Website: <https://www.pharmacy.purdue.edu/current-students/resources/remoteteaching>

