

# Virtual Learning

## Tips for adjusting to the online classroom



### self care

- Take breaks, especially from screen time
- Maintain healthy habits like getting a good night's sleep, exercising, and staying hydrated
- Care for your mental health
- Stay virtually connected to the GW community.



### time management

- Keep to a regular routine (learning, relaxing, physical exercise, etc.)
- Schedule specific times for learning and set daily study goals
- Keep track of assignment due dates and exam times



### physical space

- Create a designated study space, one which, if possible, is separate from where you relax
- Minimize distractions in your physical and online spaces
  - Set boundaries with housemates



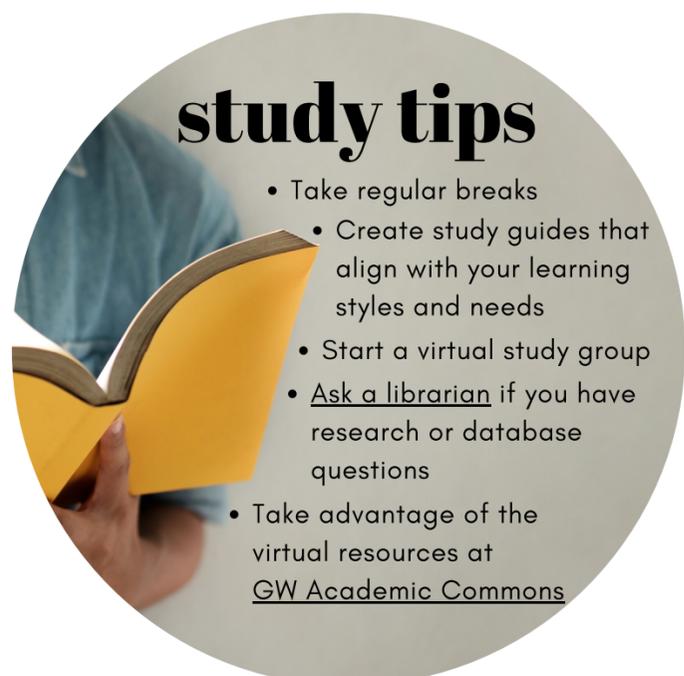
### logistics

- Make sure you know what materials you will need for each course (books, software, etc.)
- Have headphones for listening to lectures and participating in video calls



### communication

- Actively participate in class activities
- Be an advocate for yourself and your learning needs - don't hesitate to ask your professor or grad assistant for help
- Reach out to your Graduate Professional Advisor with any concerns you may have
  - Stay virtually connected to the GW community.



### study tips

- Take regular breaks
- Create study guides that align with your learning styles and needs
- Start a virtual study group
- Ask a librarian if you have research or database questions
- Take advantage of the virtual resources at GW Academic Commons

**And don't forget to always  
Raise High!**