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**AccessAbility Services**

**How to Transition to Online Classes**

These tips and resources will help you succeed as you transition to online learning

1. **Develop Patience and Compassion**
* Be patient with your professor, they are doing this for the first time too!
* Be kind. In the absence of in-person communication, it is even more important to lead with kindness and stay in contact with your professor on a regular basis.
1. **Know Your Online Tools**
* Familiarize yourself with Zoom, WebEx, and other similar video conferencing platforms.
* Get class assignments, participate in class activities and check for schedule updates on consistent basis so that you don’t fall behind.
1. **Stay Organized**
* Manage your schedule
* Create a physical calendar for short term objectives
* Maintain a routine
1. **Eliminate Distractions**
* Put devices on Do Not Disturb mode
* Close out any non-relevant tabs in your browser
* Take away your temptation to check social media
* Create a dedicated learning space
1. **Engage in Good Communication**
* Stay Engaged with your professors for regular updates
* Create virtual study groups with friends. Private video chats are a great forum for you to engage with friends and classmates.
1. **Practice Self Care**
* Try some new at- home exercise
* Stay hydrated
* Get enough sleep
* Take care of your mental health
1. **Challenge Yourself**
* Use your time to learn something new
* Prepare yourself to stay on schedule
* Ask for help when needed