



# *The CENTER for* **STUDENT SUCCESS**

## **Study Skills Tips: Setting A Routine**

### **Keep Your Normal Rhythms**

Since you are not physically coming into class there is more of a temptation to do work in your PJs from your bed. Don't do it! Act as if you are still coming in and get ready as you normally would. If you would normally get up at a certain time for class, try and keep that pattern. Get dressed like you normally would and designate a place other than your bed to do homework.

### **Use A Calendar**

Whether it be a physical or an electronic one, start using a calendar! Keep track of assignments and due dates. If you use Google Calendar, you can import your assignments from your Canvas to your calendar. Keep it updated and check things off once you have completed them.

### **Take A Break**

Be sure to incorporate breaks in your schedule. Take a walk outside (if allowed!). Spend time with those around you. Call a friend. Anything that can get you away from the computer for a little bit. You can even try motivating yourself with a break after you get a certain amount of work done!

### **Take Care of Yourself**

Keeping yourself healthy is extremely important during this time! Make sure you are getting the right amount of sleep, eating plenty of fruits and vegetables and drinking enough water. Find a workout video to do a couple of times a week or take a walk or run around your neighborhood.