

AUS COUNSELING TEAM'S GUIDE TO Maximizing Remote Learning

SET YOUR SPACE

Creating a physical boundary between your study area and your relaxation area can help you to stay focused when studying from home.

TAKE NOTES

Taking notes during the online classes keeps your hands busy and helps turn your attention to the class content.

PLAN YOUR DAY

If you have a list of things to study, break it down into tasks and plan to do the hardest ones when you have the most energy.

• LESSEN • DISTRACTIONS

- Lock your phone away and turn off your notifications if you need to.
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DON'T FORGET YOUR SOCIAL TIME

Build in some social time during your day can motivate you to stay focused when studying. Connect with friends through phone calls or video chats.

TAKE BREAKS

Set break times for your study session to get up and move around.

EAT WELL, SLEEP WELL

Select healthy snacks when you study. Having at least 8-7 hours of sleep at night is the best way to help you wake up feeling refreshed.

ESTABLISH A ROUTINE

Treat your study from home as if you are going to the library/classes. Set a time to wake up, freshen up, eat breakfast, and get dressed.

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University Counseling Services
WE ARE HERE FOR YOU.

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