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.

LESSEN DISTRACTIONS
- Lock your phone away and turn off your notifications if you need to.

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.

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

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.

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.

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.

University Counseling Services
WE ARE HERE FOR YOU.

Contact us: 06 515 2100
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