

Finishing the semester strong at home

What you'll find here:

1. Quick Tips for taking care of yourself during this time
 2. Daily Checklist of wellness tasks + ideas
 3. Making a Plan: Steps for scheduling your weeks
 4. Academic/studying resources & tips
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1) Quick tips to thrive while at home. If you read nothing else, read this!

Here are the most important things you can do during this time:

- Go back to the basics.
*This is a stressful time for the world, our nation, and many many households. Be kind and gentle to yourself and your family. **Eat, sleep, stay hydrated, and keep moving.***
- Create a rhythm/schedule for yourself of the things you'd like to do each day. See below for ideas!
*Be intentional about taking care of your **whole** self. This means planning and using time for academics, self-care, and fun. See ideas below!*
- Continue to spend time with people, even if it looks different during this time.
Talk to/spend time with your family in your home, facetime or call a friend, stay in communication with your other communities of support... staying connected is SO important!
- Name it.
*How do you **really** feel? It's okay to be disappointed or lonely or even excited to be home. Whatever you feel is okay. You've worked really hard to be in school and independent, and it can be hard for many students to come home for an extended period of time, even when they love their families.*
- Reach out to someone if you need help.
 - **Feeling overwhelmed by a class?** Reach out to your professors via an online platform or email.
 - **Feeling sad, lonely, or unlike yourself because of all the change?** Reach out to Ms. Bianca or Mr. Derrick, and they can connect you to Ms. Ashley or other helpful resources.
 - **Need food, supplies, or other materials?** Reach out to Student U, and we'll connect you to resources.
 - **Missing your friends?** Call them! Text them! Facetime them! Hold a group Zoom hangout!

2) Daily Checklist: What should you do each day to keep yourself well?

- There are 3 buckets you should fill each day: **Self-care**, **Academics**, and **Fun/Personal joy**.
- Use the following checklist, or rewrite your own, and challenge yourself to check each thing off every day.

	Self-care	Academics	Fun + Personal joy
<p>Non-negotiables</p> <p>(Top priority! YOU MUST DO THESE THINGS)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Eat three healthy meals (breakfast, lunch, dinner). <input type="checkbox"/> Go outside at least once and breathe the fresh air. <input type="checkbox"/> Move for at least 30 minutes. Walk around outside, pull up a workout video - tons for free online right now, dance. Move in some way! 	<ul style="list-style-type: none"> <input type="checkbox"/> Attend all virtual classes. <input type="checkbox"/> Spend <i>at least one hour of additional time (not class time) working on assignments.</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> Do something you love that's <i>not</i> just scrolling your phone. Creating art, making music, practicing a sport, cooking/baking, journaling, talking to a friend, playing a game with family, reading... spend time doing something that brings you joy and put your phone away!
<p>Highly recommended</p> <p>(Also SUPER IMPORTANT. Do your best to squeeze these things in!)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Get up at the same time each day. This is great for your brain & productivity. <input type="checkbox"/> Take some time to practice mindfulness. Journal, meditate, even just resting counts. <input type="checkbox"/> Read a book for fun! Yes - for fun! The Durham County Library is giving out online library cards right now. 	<ul style="list-style-type: none"> <input type="checkbox"/> Spend at least 30 minutes reviewing content for your final exams. See Studying Resources for ideas! <input type="checkbox"/> Check in with your professors. Email them or attend virtual office hours. Ask how you can best be studying for exams! 	<ul style="list-style-type: none"> <input type="checkbox"/> Socialize!! (Virtually) Call a friend, do a group facetime, hang out with your family.. Whatever works. Talking to other people and staying connected is important.
<p>Other options & ideas</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Download the "Calm" app. It has lots of mindfulness activities (it is AWESOME), and it is FREE right now! 	<ul style="list-style-type: none"> <input type="checkbox"/> Additional practice. Need help with writing? Want to tighten your understanding of statistics? Now is a great time to practice some of the academic skills you don't always have time to review. Reach out to a Student U staff member if you're wanting additional practice but don't know where to find it. 	<ul style="list-style-type: none"> <input type="checkbox"/> Make a bucket list! Create a "Quarantine Bucket List" to work through a little each day. Try to think of things you wouldn't normally have time to do & make your free time both productive AND fun! <input type="checkbox"/> Learn a new skill! Now is a great time to begin practicing something you want to learn. Youtube is full of tutorials!

3) Making a Plan: How to make your weeks feel productive

- Each week, make a "Weekly Plan," and check in with it each day.

- **If you don't have a planner, use a blank sheet of paper. Set up a chart like this:**
(You can also copy this document into Google Docs & use it as your own!)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning (8-11 AM)	9-10: BIO 101 10-11: Work on lab report				
Midday (11 AM-2 PM)	11ish - eat lunch! 12-1: STAT 204				
Afternoon (2 PM - 5 PM)	2-4: Work on PSYCH201 paper. Finish draft.				
Evening (5 PM - 8 PM)					
Night (8 PM →)	Group facetime tonight!				
Self-care	<input type="checkbox"/> Go outside! <input type="checkbox"/> Dance Cardio video				
Fun	<input type="checkbox"/> Group facetime with suite				

ACADEMIC WORK TO COMPLETE THIS WEEK:

- PSYCH201 paper
- Bio lab report - final draft due
- Office hours with Stat professor to review last test
- Make notecards for Bio Units 1-5 (for final)

How to make a weekly plan:

- First, fill in each of your virtual classes during the time that they'll meet on the top half of the chart.
- Next, pull up the syllabus for each class. Write down all assignments you have due in the next two weeks. Write these at the bottom, under "Academic Work to complete each week"
 - Go ahead and determine a time when you will work on/finish each of these assignments. Write these times on your schedule, too.
 - Remember, studying is an activity. Make sure studying (either for upcoming tests or final exams) gets its own place on your schedule!
- PLAN YOUR SELF CARE: Decide on 1-2 self care activities you'd like to do each day. Write them with checkboxes each day next to "Self Care" so you can check them off when they're complete!
- BRAINSTORM YOUR FUN: Do the same for the "Fun" category. Plan at least one fun thing to do each day!

Check the plan every day and make adjustments as you need. Monday has been done as an example!

4) Academic Studying Resources & Tips

Small steps you can take to make your work-from-home productive:

- **Create a "work station"** for yourself where you *always* do your academic work at home.

- This can actually help your brain’s productivity during academic work times!
- Setting up your space:
 - Choose a quieter location in your home, if possible.
 - Go ahead and stock it with all materials you’d need; keep your school notebooks/textbooks there, keep blank paper and pencil there, etc.
 - Make sure your space is close to an outlet so you can plug in your technology.
 - Always keep a glass of water and a snack by your workspace.
- When you sit down to attend class or work on academic work, **PUT YOUR PHONE IN ANOTHER ROOM.**
 - Phones are our #1 distractors!
- When you’re sitting down to work on assignments or study, work in a **30 + 5 rhythm**
 - 30 minutes of focused work → 5 minute break (check your phone! Take a walk!) → 30 minutes of focused work → 5 minute break... etc
- Listen to **INSTRUMENTAL MUSIC** while working, if you choose to listen to music.
 - Research shows that music with words is distracting for your brain, especially when you are doing complex tasks like reading and/or writing.

What about studying?!

- Exams are coming up, which means it’s time to begin studying for finals.
- **Studying DOES NOT MEAN staring at your notes!** Simply looking at your notes DOES NOT WORK.
- **Studying = rewriting or reworking your notes/content in some way to make them your own.**
 - In order to effectively study, you must DO SOMETHING with the information you’re trying to master.
- **REACH OUT TO CLASSMATES AND FRIENDS to virtually study together.** The more you talk about/process information together, the more it sticks in your brain. Also, social interaction is super important for wellness during this time. An all-around win!
- Here are some ideas for effective studying:

When you need to REMEMBER FACTS (Multiple choice, knowing people/dates/terms, etc)	When you need to EXPLAIN OR ANALYZE (Essay questions, lab exams, etc)
<ul style="list-style-type: none"> ● Make matching flashcards using a 3-card system. See below for more info! ● Create a stack on quizlet.com or studystack.com ● For remembering dates and/or plot events → draw a timeline with all the info! <p>Math (and sciences like chemistry) can be a little different. When your exam involves solving problems with an exact answer, the best thing you can do is....</p> <ul style="list-style-type: none"> ● DO PRACTICE PROBLEMS. Find them online, or ask your professor for examples. ● REVIEW YOUR PRACTICE PROBLEMS. If you did not get them right, rework them. ● Try making your own sample quiz! See below for more info. 	<ul style="list-style-type: none"> ● Create a one-pager of the content you need to know. See below for more info! ● Rewrite your notes in a way that makes more sense to you ● Use a graphic organizer to arrange the information that makes sense. ● For science processes/diagrams: Draw a diagram explaining the process from memory. Go back and check yourself. Keep going until you get it down! ● TEACH SOMEONE ELSE!!! This is the BEST way to know we’ve mastered content. Grab a sibling or a family member and have them be your “student” for a bit.

Don’t forget about the resources around you:

- Email your professors/attend office hours and ask how to best study for their exams!
- Use **trusted** resources like your school’s virtual help platforms (the writing center!!), Khanacademy, etc, when you need help understanding or organizing the content you need to know.
- The internet has a TON of resources, but they’re not all great. If you need help finding a resource to help you understand/study, reach out to someone at Student U! We can help!

Studying strategy ideas

These info sheets were developed to explain strategies to our middle & high school students, but that doesn't mean they don't apply to college-level work! These strategies have also been used by our students and staff in undergraduate & graduate school!

MATCHING FLASHCARDS

(...or how to use flashcards EFFECTIVELY.)

- Gather materials:
 - Stack of notecards
 - 3 different color markers and/or colored pencils
 - Your notes/terms
- Look at your first term/word. You will make 3 cards for it - one with the word, one with the definition, and one with a picture or diagram that shows it. You will write each card in a different color.

denominator

How many parts a whole is split into; the bottom number of a fraction

$$\frac{1}{2} \leftarrow$$

- Flip all three cards over and number them with the same number (start with "1"):

1

1

1

- Follow steps 2-3 for the rest of your terms. Keep using the same color for each word, definition, and picture/diagram. The cards for each term should have the same number on the back.

denominator

How many parts a whole is split into; the bottom number of a fraction

$$\frac{1}{2} \leftarrow$$

← 1 on the back

numerator

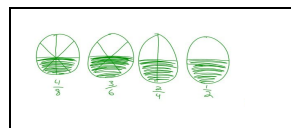
of parts you have in a fraction; the top number of a fraction

$$\frac{1}{2} \leftarrow$$

← 2 on the back

equivalent

Two fractions that are the same



← 3 on the back

- Once you have made all your terms, mix them up and try to match each word, definition, and picture. You can check yourself by looking at the numbers on the bottom. You can also practice matching with a partner!

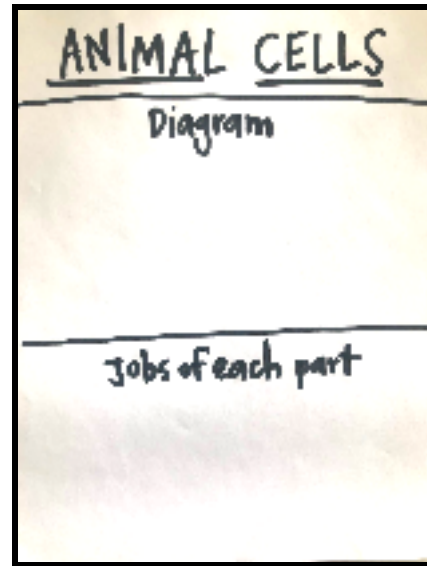
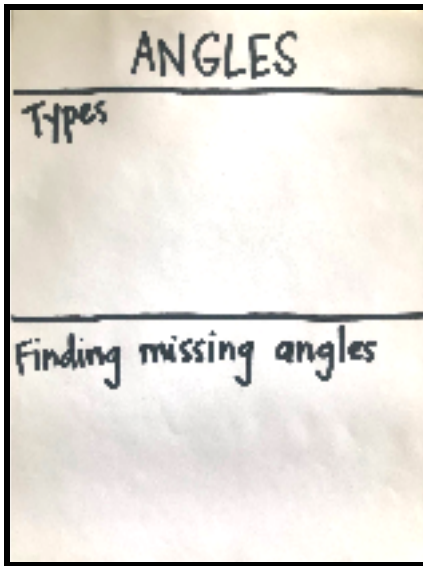
ONE-PAGER

(rewriting all the stuff you KNOW you need to KNOW)

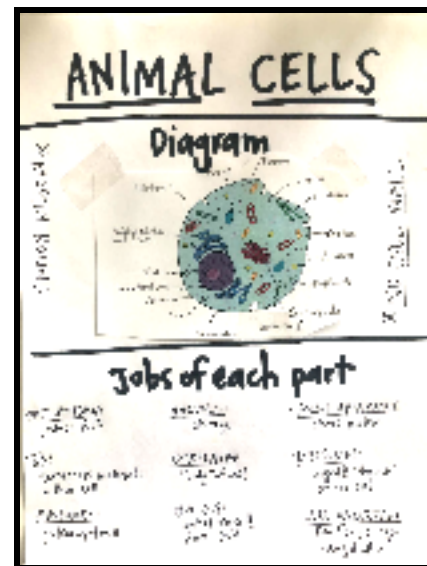
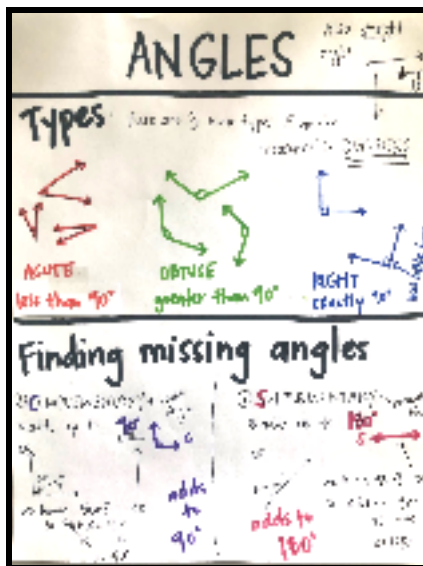
1. Gather materials:

- Blank sheet of paper
- Pencil + colorful writing utensils and/or highlighters (if you want)
- Your notes or study guide (anything with the info you need to know!)

2. Look at your notes and/or study guide. Think about the **categories** of things you need to know/understand. Draw areas on your paper for each category. This will look different for each person, depending on what you're studying for! Here are some examples:



3. For each category, spend time writing down the things you KNOW you need to know using words, pictures, colors -- whatever makes the most sense for your brain.



4. After you've finished your one-pager, choose from the following:

- Explain it to a partner and/or friend
- Have a partner and/or friend quiz you on the information you put there.
- Try to make another one-pager - this time from memory! Check yourself using your first one-pager.

MAKE-YOUR-OWN-QUIZ

*****If you are studying for the same quiz/test as someone else, you can each make a quiz and then trade with each other*****

1. Gather materials:

- Quiz template
- Blank paper
- Pencil
- Calculator (to check yourself!)
- Notes and/or study guides from class

2. Brainstorm your questions & answers

- Use your notes and/or study guide to determine the types of questions that might be on your assessment
- On your blank paper, write out a draft of your 3 quiz questions
- For each question, you will also brainstorm four answer options (A, B, C, D)
 1. One should be the **correct answer**
 2. One should be an **almost correct answer** (think of an easy mistake someone might make...)
 3. One should be a **definitely wrong answer**
 4. One should be a **crazy answer** - doesn't have to be related at all!

3. Write the final copy of your quiz on a quiz template.

4. Give your quiz to a classmate.

5. Check their work!

QUIZ TEMPLATE

Made by: _____ Topic: _____

Question 1	Answer choices A. B. C. D.
Question 2	Answer choices A. B. C. D.
Question 3	Answer choices A. B. C. D.