8 Ways to Make the Most of Your College Remote Learning Experience
by Julia Henriques, ’23

01 Ready your workspace.
Sort out desk cabinets to make space for textbooks and notebooks, replace worn-out pens and pencils with fresh new ones, and get a calendar ready for the academic year.

02 Avoid working or taking class in bed.
Studying in bed just makes you more tired and less engaged in your work. Instead, try sitting at a more work-friendly desk or table. Make sure your study area is a place where you can feel pleasant yet remain focused.

03 Take part in online clubs and activities.
Getting involved in online clubs is another simple way to make you feel like you are still part of the campus community while being at home. If a club or activity has not said anything about going virtual, try getting in touch with the club leader to see if it is possible.

04 Keep in touch with friends
Staying in contact with friends can make you feel less isolated and more like you are on campus. For instance, virtual study sessions with friends are a great way to prepare for upcoming tests.

05 Meet virtually with professors.
Meeting with professors virtually is a great way to make sure you are staying on track in your classes and establish a student-teacher relationship despite not being able to meet in-person.

06 Plan out your days.
Even if the only real time-commitments you have are classes, make sure to plan out each day. Dedicate certain times for doing homework for specific classes, and work in breaks and meals around it.

07 Invest in a pair of blue light blocking glasses.
The blue light from electronic screens can cause headaches, eye irritation, and make it hard to go to sleep. In order to put your eyes at ease while spending a long day online, try out some blue light blocking glasses that filter out any of that unwanted blue light.

08 Get into an exercise routine.
As a remote student spending lots of time online, it is so important to remember to get up and exercise every week. If you incorporate exercise into your daily routine, you will not only feel happier and more refreshed, but you will also be able to tackle your classes with a new start.