

Achieving Success During COVID19 and Remote Learning

Stay Positive

With all of the news about the coronavirus outbreak, it is natural to worry. All emotions should be respected, so it is important to allow yourself to feel whatever you are experiencing instead of pushing it away. However, it is also important to be here, in the present and in the 'now'. It is useful to remember that you are not in this alone. We are dealing with this as a community. Draw strength from everyone around you and stay positive together. Positivity is so important during these times as it is a core ingredient in the recipe of success for coping during hard times. In all, the Assumption College community and Student Accessibility Services are here for you during these times. Below are additional resources to help you succeed online.

Use these resources as a starting point:

In this guide, we'll talk about:

- Trading old strategies for new ones
- Working with a group or project team
- Staying connected to other people
- Available resources

Trading Old Strategies for New Ones

You may be forced to adjust your routines during this time. Look for ways to adapt your usual habits or to form new ones.

For example:

If you usually study in the library, in Tsotsis, or in a classroom, ask yourself what kind of environment helps you study. Consider how you can recreate this at home. Maybe you need to study in a chair, rather than on your bed or couch. Maybe you need to move to a new spot when you change tasks. Do you need background noise?

If you always study in groups, try a virtual or phone-based studio session.

If you thrive on tight timelines, but now have a more open schedule, think about how working with others or setting up a schedule can recreate that for you. When following that becomes difficult, see if you can even do just fifteen minutes of coursework at a time.

Working with a Group or Project Team

Remote collaboration will look a little different, but it is possible. Here are some ideas:

- **Try not to procrastinate.** That group project may be out-of-sight, out-of-mind if you aren't seeing your group regularly. Resist the urge to put the project off. Make small progress regularly and stay in touch.
- **Meet regularly,** especially if you usually communicate during class or lab. Consider a quick text in your group chat about progress every few days. Ideally, have real conversations over video when working together.
- **Set a goal for meeting and use a shared notes doc.** Meetings might now feel different when using video, even if your group was really good at working informally in the past. Try to establish the purpose of your meeting in advance. Take notes in a shared doc so you can all contribute and follow along.
- **Keep videos open when you can.** As long as you can see whatever you need to collaborate, aim to keep the video visible on your computer screen. Doing that will help you see the expressions of your groupmates and stay connected to each other.
- **Check on each other and ask for backup.** If someone has been absent from your group meetings, ask them directly if they're still able to participate in the project. If you aren't getting a response within a day or two, let your professor know.

Staying Connected to Other People

Even with limited in-person contact, connecting with family and friends can be more important than ever. And staying in touch with professors, classmates and team members is still important for continued classwork. Consider:

- **Scheduling video calls with family and friends.** Talking to loved ones can be really helpful when you feel stressed or nervous about something. Taking a break to laugh is also important.
- **Connect with classmates,** for example, to talk through a tough problem.
- **Attend virtual office hours or study groups** so that you can stay up on your coursework.

Available Resources

Assumption's Student Accessibility Services will continue to maintain resources to help you navigate this different environment.

Please remember, this will pass.

Even though COVID may have disrupted your life, and you may feel that it came at the worst possible time, take a minute to remember that **this is temporary**. You will find your way when the situation settles down. We don't know when, but it will all be okay. Until then, take a deep breath, do your best, get some rest, and wash your hands regularly.

Campus Resources During COVID

Many campus personnel, including faculty, will also be working from home while you do. **Continue to reach out when you need anything** whether it be through the phone or email.

Other Helpful Resources

- **Peer Tutoring** -
 - **Watch a video to learn how to schedule your own appointment online:**
https://www.youtube.com/watch?v=c14H9M0hCZo&feature=emb_title
 - **Schedule an appointment at:** <http://asctutoring.assumption.edu/tracweb40/main.4sp>
- **Advisors** - You still have your regular academic advisor. Contact them with any questions or concerns you might have.
- **Regularly Scheduled Course Help Sessions** - Check with your professor for updates on office hours or group help sessions.
- **Library Help** - Contact the reference librarian for specific help, or use the library website:
 - <https://library.assumption.edu/dalzon/continuity>
- **Counseling Help** - If you or anyone else is struggling with these changes, contact the counseling center:
 - <https://www.assumption.edu/people-and-departments/organization-listing/wellness-center/counseling-services>).
- **Accommodations for Disability** – If you have a documented disability and need to request new accommodations, fill out a consent form and someone from Student Accessibility Services will contact you:
 - <https://www.assumption.edu/people-and-departments/organization-listing/student-accessibility-services/student-accessibility-consent-form>
- **Outlining Online Course Responsibilities** - Ask Julie LeBlanc for helpful scheduling documents or templates to download and type in.

Need More Help? Contact Us

Director of SAS-Julie Leblanc: jm.leblanc@assumption.edu

Assistant Director of SAS-Kathryn Kadamus: k.kadamus@assumption.edu