


Tips for a smooth transition to university and online learning

The transition from school to university is one of the most exciting, exhilarating and daunting times. Many students need to apply major adjustments when moving from high school to University, especially during their first semester.

Moreover, with the COVID 19 pandemic, universities had to close their doors and they transitioned to online teaching to help promote social distancing and slow down the spread of the virus. However, transitioning to an online learning environment can be challenging and it is not always easy to get used to it, but you can adapt to it with a few tips.

Introduce yourself to

- Your professors and ask about their virtual office hours
 - Your advisors and get information related to your major and academic support offered
 - Your classmates/share hobbies and personal interests
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Plan for success

- ✓ Have a dedicated space to study
 - ✓ Plan a to-do weekly schedule for studying, papers, and preparations for exams
 - ✓ Manage your time efficaciously (consider using a time management method like [The Pomodoro Technique](#))
 - ✓ Make your best to eliminate distractions (i.e., your phone, turn off alerts, keep open Internet tabs to a minimum)
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- ✓ Use headphones to cut down noise
 - ✓ Learn about the services offered at the university/ask about the tutoring and writing center
 - ✓ Stay in contact with your classmates and try to create virtual peer study groups
 - ✓ Inform your parents about times when you need it quiet for an exam
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Get involved in university student life

- Learn about the extracurricular activities (activities can bring opportunities to meet people with common interests, and it provides a welcome change from coursework)
 - Engage in events
 - Consider joining clubs/start your own club (there are sign-up days for clubs at the beginning of a semester)
 - Check out the Athletics activities
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How do I deal with all of this pressure?

Plan your use of time:

- ✓ Make time every day to prioritize your work. Prioritizing can give you a sense of control over what you must do, and a sense that you can do it.

Try relaxation techniques:

- ✓ These techniques include meditation, deep breathing, long walks, exercise – whatever you enjoy that lessens your feelings of stress or discomfort.

Take time for yourself each day:

- ✓ Make this a special time – even if it is only 15 minutes by yourself. Focusing on yourself can be energizing and gives a feeling of purposefulness and control over life.
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Refresh

- ✓ Try to exercise
- ✓ Maintain healthy eating and sleeping habits
- ✓ Find a balance between academics and your personal life
- ✓ Reward yourself for your accomplishments