SURVIVING ONLINE CLASSES

A students guide to succeeding in your online classes.
We got this!

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TO DO LIST

**GMAIL**

TURN ON YOUR NOTIFICATIONS!
Your instructors will be sending you important information through email. Here’s a link on how to turn on notifications:

**D2L**

TURN ON NOTIFICATIONS 2.0!
Did you know that D2L can send you texts and emails? Turn on notifications by logging on to D2L, clicking on your name on the top right corner, and then notifications!

**PULSE**

DOWNLOAD THE BRIGHTSPACE PULSE APP ON YOUR PHONE. This app helps you stay connected and on track with your courses. **DO IT!** You’ll thank us later.

**PANOPTO**

Some of your instructors may use Panopto to deliver their lectures. Make sure you learn how to use this service before classes start! [https://help.d2l.arizona.edu/content/students-panopto](https://help.d2l.arizona.edu/content/students-panopto)

**ZOOM**

Test out Zoom! Make sure you have an account, make sure that it works in your browser (Chrome, Safari, etc) You should even try testing out a meeting with a friend! [https://zoom.us/en?zcid=3172](https://zoom.us/en?zcid=3172)

**GRAMMARLY**

Professors and other faculty will be receiving more emails than usual due to the switch online. Being cordial is always necessary when sending an email, and downloading Grammarly can help. Plus, it’s free! [https://support.grammarly.com/hc/en-us/articles/115000091552-Install-the-Grammarly-browser-extension](https://support.grammarly.com/hc/en-us/articles/115000091552-Install-the-Grammarly-browser-extension)

**DO IT!!** You’ll thank us later.
TIPS FOR SUCCESS!

- TURN ON ALL NOTIFICATIONS
  Canvas, Blackboard, Tophat, Email, etc.

- FIND A SPACE WHERE YOU CAN FOCUS
  Everyone has optimal productivity in different spots. Try to avoid spaces where you become easily distracted.

- USE A CALENDAR
  Google Calendar and Timepage are great apps to use to input important due dates.

- USE CHECKLISTS
  Having a weekly or daily checklist can be very helpful in staying organized.

- PROTECT YOUR EYES
  Set your computer to night shift mode or use blue light filter glasses to avoid straining your eyes!

- LECTURE VIDEOS INSTEAD OF LIVE STREAMS
  If your professor posts a lecture video, act like you are sitting in class, actively take notes, and write down questions you may have to email the professor later.

- EXTRA CREDIT
  If you’re lucky, your professor may have extra credit opportunities. Do ALL of it, even if you’re passing! You never know when you’ll need the extra cushion.

- GROUP CHATS
  Make a group chat if you haven’t already for peer learning!
TIPS FOR SUCCESS!

**TAKING A MATH CLASS?**
Desmos, Mathway, and Geogebra are great apps to help you out!

**SUMMARY PAGES**
Create a summary page of the module you're learning before an exam,

**YOUTUBE**
Youtube and Khan Academy are helpful tools to understanding your course material!

**THINK TANK**
THINK TANK will have online services! Utilize what they offer to get the most out of your courses.

**ASSIGNMENTS**
Complete all of your assignments in a separate document (google docs or word) first, and then copy and paste them online.

**PRACTICE!**
Do as many practice problems as you can when studying.

**FIND YOUR ROUTINE**
While it may work for some to stay in their pajamas, remember that it's okay to go through a morning school routine and get ready like you would for a normal school day.

**TAKE A DEEP BREATH**
You've got this! Don't be afraid to ask for help.
**Advising**
Appointments with your advisors are scheduled through Trellis. You'll then get an email that gives you a link to Zoom. Again, make sure that Zoom works on your device! 
https://trellis.arizona.edu/solutions/trellis-advise

**Think Tank**
THINK TANK will be available online! Continue to check the THINK TANK website to see what their services and schedules will be.
https://thinktank.arizona.edu/

**VitalSource**
VitalSource Helps is supporting students who may have lost access to course materials due to a campus moving online to prevent the spread of COVID-19. Students and instructors at impacted 2- and 4-year nonprofit institutions in the U.S. can now access an expansive catalog of etexts through May 25, 2020, at no charge. https://get.vitalsource.com/vitalsource-helps

**Borrowing Technology**
Don't have access to WIFI or technology? The University Library is prioritizing student access to laptops. You can also use the computers in the Main Library.
https://new.library.arizona.edu/covid-19
**THERE'S MORE!**

**Campus Pantry**
Campus Pantry will be open next week:
- **TUESDAY 2-4pm**
- **WEDNESDAY 11-1pm**
- **FRIDAY 11-1pm**

Bring your bag and your CatCard!

**U-HAUL Services**
U-Haul is offering 30 days of free storage to college students who have to move suddenly due to COVID-19.


**Campus Health**
Campus health will remain open, but you must call before you come in! Whether you're going for any reason or have COVID-19 testing Questions, call!
- **Medical:** (520) 621-9202
- **CAPS/Mental Health:** (520) 621-3334
- **After Hours:** (520) 570-7898

**Student Success Information Center**
If you're on campus and need in-person assistance, go to the [Student Success Information Center located on the first floor of the SALT center](https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offer-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/), Open from 8am-8pm Monday-Friday. **Call (520) 621-1242**

You can receive care, support, referrals, and information about services. They are available to help you problem solve any issues you may be facing this semester!
WAYS TO KEEP PHYSICALLY HEALTHY!

Just because the gyms are closed does not mean you have to just sit on the couch!

- Go outside and take a walk
- Look up some workout videos on YouTube
  - Zumba workouts, ab workouts, body weight workouts, yoga, etc.
  - Different places to find workouts can be found on a further page!
- Go for a hike if possible
  - Many trails are now closed but check with your local parks
- Go for a run close to home
- Do some yard work
- Find a workout challenge or make one up
  - Try to do 30 squats between classes
  - Do 10 push-ups every hour
  - Do 20 jumping jacks every 30 minutes
- Sit on a yoga ball or stand up during online classes
ONLINE WORKOUTS

INSTAGRAM
@mrs.sweetdoggg
@clairepthomas
@kaisafit
@blogilates
@hanahraejamroz
@6packexercises
@anita_hebert
@madfit.ig

APPs
Nike Training Club
Yoga & Meditation by Glo
Calm
Headspace: Meditation & Sleep
Beachbody.com
Tao Connect Self Help

YOUTUBE
Blogilates
Yoga with Adriene
Adam Rosante
SELF
Joanna Soh
MadFit
PopSugar

PINTEREST
- https://www.experimentsinwellness.com/no-equipment-full-body-home-workout/
- https://www.ughcardio.com/spell-your-name-workout/
MENTAL HEALTH TIPS!

• Take a break from the news every once in awhile.
• Keep positive by reminding yourself that practicing good hygiene and staying home will keep you and many others safe.
• Remember to exercise!
• Work on **breathing** and **mindfulness** exercises!
  ○ You can find many exercises online from beginner to more advanced.
• Find a new hobby or work on one that you already have
  ○ Buy a coloring book, bake a new dessert, paint, work on your bike or car, etc.
• Cook a good meal with those around you!
• Read a book you have been wishing to read.
• Have a **game night** with family or friends who live with you.
• Clean your room or closet.
• Video chat with friends and family that are distant.
• Take time to write!

If you are experiencing anxiety or depression please reach out to someone!
People you can reach out to:

YOUR ADVISOR:
ANDREA PALACIO-
APALACIO@EMAIL.ARIZONA.EDU

COUNSELING AND PSYCH SERVICES:
(520) 621-3334

NATIONAL SUICIDE PREVENTION HOTLINE
1-800-273-TALK (8255)

CRISIS TEXT LINE
TEXT "HOME" TO 741741

US! (NOELLE, REBECCA AND ANDREA)
WE’LL BE HOSTING A ZOOM MEETING EVERY
WEDNESDAY FROM 2:00-2:30 TO GIVE YOU
GUYS A CHANCE TO HANGOUT,
DECOMPRESS, AND VENT IN OUR ONLINE
LOUNGE.

MORE NUMBERS AND RESOURCES CAN BE FOUND HERE:
HTTPS://HEALTH.ARIZONA.EDU/CRISIS-RESOURCES-AND-HOTLINES