While more of your coursework and teamwork have to be online and remote, here are some strategies to keep in mind:

1. Stay Organized
   - Make a plan and adjust your studying to help feel less out of control
   - Setting a schedule
   - Try to be patient with yourself and allow time for mistakes

2. Avoid Multitasking
   - The downsides of multitasking and microtasking

3. Setting a Schedule
   - Use Google Calendar or a notebook planner to set a schedule for yourself, provide structure
   - Staying on a schedule will help you have a feeling of normalcy and prevent you from falling behind
   - Stick to your instructor's schedule as much as you can
   - Assignments take longer. Each time you come back to an assignment (from Instagram, for example), you're probably not… really, you're switching between tasks very quickly (some call this task-switching fatigue)
   - You'll remember less. When your brain is divided, you're less able to commit what you're learning to long-term memory.
   - The advantages of multitasking and organizing:

4. Trading Live-Class Strategies For
   - Remote collaboration will look a little different from in-person, so you might be reliving that first-week-of-class anxiety. You'll find your way when it settles down. You'll get back on track, and things will get back to normal. We don't know when, but it will happen!
   - We're not sure you're going to be able to have the same kind of active participation as you had in your class. It'll be different, but your professor is probably going to work hard to make sure it's still engaging for you.
   - You'll need to be more organized.

5. Engage With Family and Friends
   - Connecting with family and friends might be more important than ever.
   - Staying connected to other people

6. Work With a Group or Team
   - Remote collaboration will look a little different, but it's not unrecognizable.
   - Your courses, you might be reliving that first-week-of-class anxiety. You'll find your way when it settles down. You'll get back on track, and things will get back to normal. We don't know when, but it will happen!
   - When you need social interaction:

7. Stay Connected to Other People
   - Connecting with family and friends might be more important than ever.
   - Remote collaboration will look a little different, but it's not unrecognizable.

8. Make the Most of Video Lectures
   - Sit next to your instructor's schedule as much as you can
   - If you're doing more work on your own and your time is less structured, you might be more tempted to multitask
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