

LEARNING ONLINE AT BREN



There's a lot going on, we're all feeling it and you weren't planning to take online courses. But you can make it a great experience by applying these helpful tips & tricks.

HAVE A ROUTINE

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- **Grad school is a job** - work during specified hours and block out times for live class sessions, GP meetings, class prep, homework, reading and replying to emails, and other work obligations you may have
 - Keep a consistent routine from week to week
- **Don't take your job home with you** - work during your working hours & then take time off of school, if you focus for 40 hrs/week you'll get a ton done
- **Break up Zoom time with fun time** - take coffee & food breaks regularly and use walks, meditation, and exercise to rejuvenate your mind & body

CREATE SUCCESSFUL LEARNING HABITS

- **Don't cram** - this isn't undergrad, if you schedule time to keep up on readings & review class notes, there is no reason to put in an all nighter
 - **Preview** course materials before class (what questions come to mind?), **attend** class (and take handwritten, meaningful notes), **review** your notes after class (and fill in any gaps), **study** daily (repetition is key), **assess** your learning (could you teach the material to someone else?) from the study cycle
- **Organize study groups** - your fellow Brennies are key to prepping for a big exam or figuring out a difficult problem set, so don't hesitate to turn to housemates, Slack channels, and other collaborative online environments
- **Create a learning space** - with decent wifi connection & free of most distractions (hint: check your bandwidth via testmy.net in different locals & times)
- **Be a professional communicator** - keep your faculty and Bren personnel in the loop regarding any extenuating circumstances that may affect your performance
- **Fuel your mind** - practice healthy eating, exercise daily, and get lots of sleep

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ALSO CHECK OUT WAYS TO STAY INFORMED & GET INVOLVED

- UCSB FAQs for Graduate Students on Coronavirus Impacts and updates from Santa Barbara County Public Health
- Black Student Union Antiracist Allyship Starter Pack and diversity resources from GradDiv
- Non-partisan election information & ways to get involved
- Mindfulness Exercises for Focus & Stress Reduction and Learn the Ocean (Ujjayi) Breath

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