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.

1. HAVE A ROUTINE
- 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

2. 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

3. 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