



# Adjusting to Online Learning

## Communicate with your professors

This is a new mode of learning for us and you will have questions along the way. Don't hesitate to reach out to your professors if you are unsure about expectations, encounter difficulties or need help with the course material. Read and respond to your email every day. Attend online office hours, if possible.

## Manage your time

Make and follow a weekly schedule in Google Calendar, mapping out the times that you have scheduled activities (class, professors' office hours, support clinics), deadlines, time to work on short- and long-term assignments and down-time. Build in time for self care and connecting with friends.

## Study Space: Communicate Your Needs

You may have found yourself in a crowded space or somewhere where it is only quiet during late hours when others are asleep. Try to make a schedule with your household members that reflects when each of you needs a private space or quiet time to conduct work, especially work that requires video or audio conferencing. If there are conflicts that make it difficult for you to have a private space to study or attend class, reach out to your professor or your [assigned dean](#).

## Connect to Your Peers

During online learning, it's normal to start feeling a bit isolated. One way to overcome this and to help you excel in your classes, is to find a study partner in at least one of your classes or form a group to work on assignments such as problem sets together. It's also now more important than ever to give yourself time to socialize. Try joining some virtual clubs and extracurriculars, attend RPL-led virtual events, or if you're sick of screen time, simply make some time for phone calls with friends!



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## Connect to Your Support Network

Reach out to [SAMs](#), [WAs](#), your assigned [student dean](#), [tutors](#), [Health Sciences and Pre-Law Advising](#), [Student Disability Services](#), and academic department peer support groups (e.g. Math/Stats Pi-Rates). They are available to support you during this transition. Take time to video chat or text with friends to stay connected and to take breaks.

*If you do not have reliable computer access or if you have internet access problems, email [support@swarthmore.edu](mailto:support@swarthmore.edu).*

*If you need new or adjusted accommodations for a documented disability or chronic medical condition or if you have questions about disability accommodations, please contact Director of Student Disability Services Monica Vance ([mvance1@swarthmore.edu](mailto:mvance1@swarthmore.edu)).*