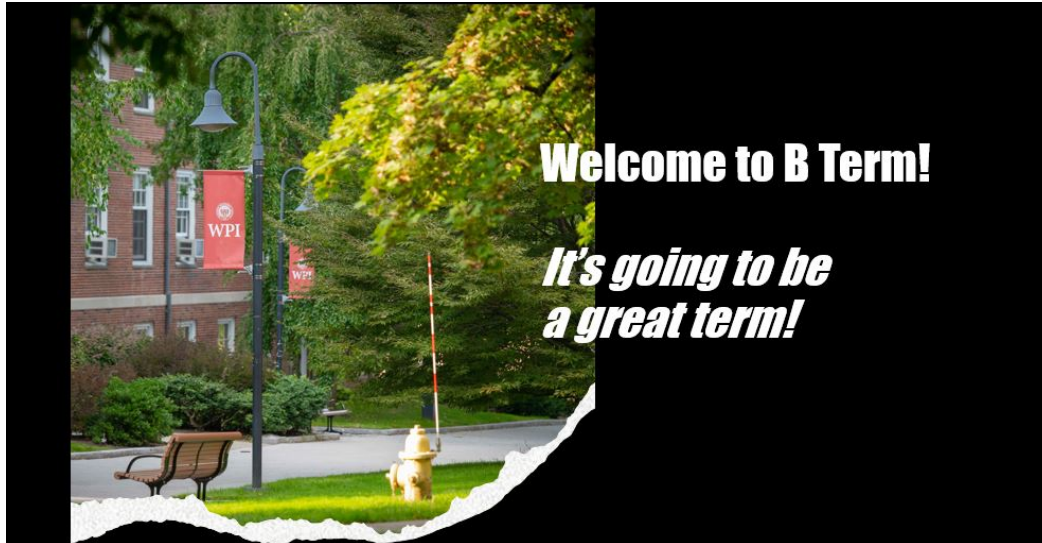




Undergraduate Studies Just in Time Tips Weekly Email



Community Check-in Survey:

What's on your mind about B term?

What are ways you commit to taking care of you this term?

Share your thoughts in our [30 second community check-in](#) so we can support you.

In the survey, we hope you also let us know how you are and ask questions.

*"You are **braver** than you believe, **stronger** than you seem,
and **smarter** than you think."*

Christopher Robin, Winnie the Pooh

Have an academic question you aren't sure who to ask?

Email UndergradStudies@wpi.edu or Virtual@wpi.edu.

Organize into B Term Checklist:

- **Reflect and learn from A term.** What strategies worked well for you? What was challenging? Is there something new you could try to help the term go smoothly? Make a list. Here's an example of [how to productively reflect](#).
- **Read course syllabi and go through course materials.** Ask your professors questions now about anything that isn't clear to you. Put their office hours into your calendar.
- **Write down at least 3 ways you will commit to taking care of yourself this term.** Will you try mindfulness strategies like meditation? Exercise a few times per week? Have a weekly dinner date or video game date with a friend (even on zoom)? [Share what you will try in the Community Check-in](#).
- **Use your resources early and often. You are not alone - the whole campus is here to support you. Ask for help if you don't know where to find resources.** You can [email Undergrad Studies](#) any time.
 - [The library heard you](#): Saturday hours now end at 9pm B, C, & D terms.
 - [MASH and Tutoring](#) - drop in or sign up for extra course help
 - [The Writing Center](#) is open for appointments
 - [Accessibility Services](#) - set up an accommodation now. Email for a meeting or stop by virtual walk-in hours, 2-3pm Eastern Mon-Fri.
 - **Make a schedule that includes all parts of your day:** classes, studying, breaks, food and more. Try our scheduling tools ([weekly & quarterly](#)) or Outlook calendar. Try [color coding your calendar](#).
 - **Studying with peers can help to hold you accountable and make studying fun.** If you're on campus, check out [drop-in study space](#). If you would like help connecting with peers, talk to your professor or [email Undergrad Studies](#) and we can point you in the right direction.
 - **The SDCC** - [make an appointment](#), try [group therapy](#) on a range of topics, or explore more of their [resources](#).

Resources

[Virtual Learning Support](#) -- [WPI Canvas \(including Online Student Center\)](#)
[WPI Zoom](#) -- [IT Services & Support](#) -- [WPI Hub](#) -- [Academic Advising](#)
[Office of the Registrar](#) -- [Office of Accessibility Services](#) -- [Library](#)
[Writing Center](#) -- [SWEET Center](#) -- [Office of Multicultural Affairs](#)
[Student Development & Counseling Center](#) -- [Career Development Center](#)
[Dean of Students Office](#) -- [Student Activities](#) -- [WeAreWPI](#)

Tips for Online Learning

& Socially
Distanced Learning



1. CREATE YOUR SPACE

- Find a comfortable chair
- Set up near good lighting
- Gather necessary supplies
- Cut down on clutter
- Minimize distractions



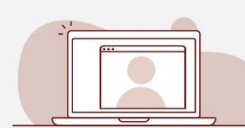
2. MAKE A PLAN

- Establish a daily routine
- Enjoy healthy snacks
- Schedule blocks of study time
- Exercise regularly
- Practice time management



3. GET ORGANIZED

- Check out Canvas' Online Student Center
- Watch for messages from professors
- Download and review your syllabi
- Add due dates to your calendar
- Refer to Tips for Online Learning



4. REACH OUT

- Contact professors as needed
- Connect with PLAs for help
- Create online study groups
- Stay connected with friends
- Don't be afraid to ask questions

Each week, you'll receive this email to support and guide you through the process of virtual learning. In the meantime, if you have a question related to academics and are having trouble finding the answer, look at our [FAQ](#) page or email us at

UndergradStudies@wpi.edu or Virtual@wpi.edu.