



Undergraduate Studies Just in Time Tips Weekly Email



Community Check-in Survey:

How often are you getting out of your room/living space?

What are some of the most motivating reasons you find to take a break from your room? Do you need support finding a balance?

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.

*"But in times of crisis the wise build bridges,
while the foolish build barriers. We must find a way
to look after one another as if we were one single tribe."*

T'Challa, Black Panther

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

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

Taking Care and Getting Out Checklist:

- **Acknowledging the election:**
 - **Care for yourself if you're experiencing election stress by unplugging, being present, refueling, connecting, and doing something.** Check out the [Election Stress Kit](#) (originally created by Penn State Harrisburg). Pick out strategies you want to use today.

- ***Listen to the WPI [conversation between two presidents about the election](#)***. It talks about the importance of voting and respecting differing points of view.
- ***Reach out if you need support***. This could be to friends, family, the [SDCC](#), or professors if you find it is impacting your coursework.

As we enter cooler months, it's important to find ways to have regular outings from your room (even just for a short walk), stay active, practice self-care, and stay connected to community. Here are some ideas. We hope you also share your thoughts in this week's [community check-in](#).

- **Study on campus at least twice per week. Schedule when you'll give it a try in your calendar. Ask a friend to hold you accountable for going.**
 - [Alden Hall](#): drop in and work in Alden. Available most Saturdays and Sundays 7am-11pm, Monday, Tuesday, Thursday from 1-5pm and 9-11pm, Wednesdays 9-11pm, and Fridays 1-11pm.
 - [Spaces listed on the WPI app](#) and [WPI map](#) have drop-in spaces and spaces to reserve. This includes the library - you can check the [occupancy #s here](#) before heading over.
 - [Dedicated commuter spaces](#)
- **Establish a daily or weekly walking routine. Rain or shine take your walk.** Ask a friend to safely join or walk and talk on the phone. Looking for new route ideas? Take a look [here](#) or make your own.
- **Write a letter, doodle a picture for a loved one, share a gaming tip, or any other safe random act of kindness each week.** Doing [intentional random acts of kindness](#) can help the giver feel as good as the person who receives the thoughtful gesture.
- **Make a list of your hobbies.** Try to do one thing from your list each day. Some days it might be video games. Other days it could be looking at the art in Elm Park. Check out [WPI clubs](#) to see if there's a club that might connect to your interests. Ask friends to safely join you in your hobbies.
- **Join virtual [Be Well Together](#) opportunities with the WPI community.** Take some time to take care of yourself!
- **Stay connected to your WPI resources who are here to support you.**
 - ***Stay in touch with professors and TAs/PLAs.*** Ask question regularly.
 - ***Study with friends and peers on Zoom!*** Check out [Study SMART hours](#). Bring a classmate or your roommate.

- **Connect with the SDCC** - make an appointment, try group therapy on a range of topics, or explore more of their resources.
- **Drop into MASH or sign up for tutoring** for extra course help.
- **The Writing Center** is open for appointments.
- **The SWEET Center** can support you and your team. Check out their office hours or make an appointment.
- Join WPI clubs and attend activities.
- **Check out events offered by the Office of Multicultural Affairs**.
- **Not sure who to ask for help? Reach out to Undergrad Studies** and we can connect you and offer our support.

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.