



Undergraduate Studies Just in Time Tips Weekly Email



Community Check-in Survey:

How often are you taking breaks as you work?

Do you unplug and take care of yourself? Do you feel balanced? What's your plan for rest, relaxation, and joy? Would you like support with this?

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.

"As important as it is to have a plan for doing work, it is perhaps more important to have a plan for rest, relaxation, self-care, and sleep."

-Akiroq Brost

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

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

Midterms & Recharging Checklist:

As we enter the midway point of the term, we want you to know that we think you're doing a great job. We also hear you; some of you are feeling stressed and/or worn out. Here are some tips we hope are helpful. We also hope you take this week's [Community Check-in Survey](#).

- **If halfway through B term looks busy, prep your weekly schedule now.**

Read more about time management tips [here](#).

- [Block off time](#) to study each day for midterms.
Get rid of distractions, like texting. Multitasking drops our IQ.
- Attend office hours, [MASH](#), and/or [tutoring](#) to ask questions.
Getting help early can lower stress.
- Take breaks and recharge even as you get busier. [Breaks](#) make you more productive and are essential for your wellbeing.
- Notice where you waste time and [set goals](#) for yourself.
Scheduled breaks are NOT time wasters.

- **If your plate feels full, reach out to your advisor for academic support.**

- They can help you think about what you can say no to, how to manage your time, and other resources that could support you.
- If you're feeling high levels of stress or anxiety, reach out to the [SDCC](#) for additional support.

- **Making sure you [don't burn out](#) with work can start with movement, connection, and finding joy.** Write down these answers:

- ***How can I move my body and get outside?***
(Walk around campus, go to the gym, walk to a new work spot)
- ***How can I connect with friends, family, peers & professors?***
(Zoom, [clubs](#), distanced/masked meetups, office hours, [Study SMART](#))
- ***What brings me joy?***
(Being creative, reading, writing, drawing, laughing)
- ***Put your answers into your schedule along with classes and study/group work time. If you need support, reach out.***

We are here; your advisor, the [SDCC](#), a mentor, [Undergrad Studies](#).

- **Try studying or doing group work on campus to make sure you get out of your room as things get busy.**
 - [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 study spaces](#)
- **Join virtual [Be Well Together](#) events with the WPI community.**

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



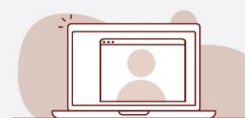
2. MAKE A PLAN

- 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.

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