



Worcester Polytechnic Institute

Undergraduate Studies Just in Time Tips Weekly Email



Community Check-in Survey:

How are you adjusting your schedule now to start getting ready for finals?

Share your thoughts in our [30 second community check-in](#).

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

"Every day is a new slate, paint yours anew."

-Unknown

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

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

Last Two Weeks Checklist:

We hope you had a good little break this past week and took some time to rest and relax. Here are a few tips to make preparing for finals and final presentations just a bit gentler:

- **Study safely. Studying on campus is allowed if needed.**
 - **Masks on and 6 feet apart** will be enforced. No eating or drinking. Work individually (meetings happen on Zoom). Safety is critical. **Check out:**
 - [Dedicated Commuter Spaces](#)
 - [Alden Hall](#)
 - Other campus study spaces on the [Map & App](#) (see individual and open study options)
 - [Library Tech Suites](#)*
 - **Academic Advising's [Study SMART](#) Zoom sessions**; study with others on Zoom. While not the same as the campus center, it is a creative way to see others while getting your work done.

**Please note the library now closes at 9pm for the rest of the term due to heightened restrictions & staffing requirements.*

- **Try some tips for success from peers:**
(gathered from the mid B term feedback survey)
 - Move around to different study spaces so you don't burn out as easily.
 - Find a healthy and safe stress reliever like safely exercising.
 - Make or join online study groups (or make online "tech suites"). Try Discord, Zoom, Slack, or the rooms offered by [Academic Advising](#). You can also talk to your professor about setting one up for your course.
 - Use office hours, [MASH](#), and [tutoring](#).
- **Try some additional tips from Undergraduate Studies:**
 - Make a schedule. If you're having trouble, try using paper and pen instead of online formats. Color code different activities and cross them out when you're done.

- Include breaks in your schedule and use them. Make sure you're also eating and sleeping.
- Figure out how much study time or practice presentation time you'll need and include it in this week's schedule. It will make the work feel more manageable.
- Reward yourself for accomplishments both big and small.

Share in this week's [Community Check-in survey](#) how you plan to adjust your schedule to prepare for finals.

- **We know it can feel stressful and/or overwhelming right now.** We heard many of you in the survey. Here are a couple of tips to manage stress:
 - Take a look at the library's [Mindfulness & Destress resource guide](#).
 - Take part in [Be Well Together](#).
 - [Color](#).
 - Get outside daily.
 - Take breaks and do things that make you happy, even if you have a lot of work. Set a timer so you know how long you've scheduled.
 - Reach out for support to the [SDCC](#), classmates, friends, family, mentors, professors - anyone who cheers you on.

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.

Copyright © 2020 WPI, All rights reserved.

