ADJUSTING FOR SUCCESS

With everything going on right now, you may feel like everything is out of control. We want you to know that we are here for you and together - we’ll get through this! One Wolf, One Pack.

Having to focus on school isn’t easy when you aren’t feeling well. We want you to put your physical and mental health first. It is the key to doing well.

YOU COME FIRST...

DEVELOP A PLAN

Your academic calendar has changed. Creating a flexible plan for success will help you navigate this time. You will find some resources in this document to help you on your journey.

NEW STRATEGIES

It’s time to develop new strategies to support your learning. We will look at some strategies to help you transition to online courses and be successful.

THIS IS TEMPORARY

Timberwolf, please remember that eventually we will get back to some normalcy. However, the steps you take today will help you now and in the future.

EXPERIENCE EXTRAORDINARY

LONE STAR COLLEGE TOMBALL
ADJUSTING YOUR STUDY HABITS

Stay Organized

Avoid Multitasking

Utilize all online materials in your class (resources, video lectures, etc.)

Set a Schedule

Develop New Strategies

Create online study groups

Stay Connected

There may be a lot of uncertainty in your life right now. You may even feel like things are out of control. However, at LSC-Tomball we know that you can and will succeed. Review this transition guide and build your own personal plan to succeed this semester.

You have everything you need to be successful and we believe in you!
Stay Organized

With so many things changing for your course(s) you may feel like this is the first week of class all over again. Spend some time reviewing your new learning environment (D2L). Organize your new assignment dates and changes to your courses.

You can use this table to organize your new course information.

<table>
<thead>
<tr>
<th></th>
<th>Class 1</th>
<th>Class 2</th>
<th>Class 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Important Dates</strong></td>
<td></td>
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<tr>
<td><strong>Big Changes</strong></td>
<td></td>
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<tr>
<td><strong>Important Links</strong></td>
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</table>
Avoid Multitasking

You’re now doing more work on your own. It can be tempting to start multitasking while you are focused on your school work. While many of us believe we can do multiple things at once, research shows that only about 2% of the population can multi-task efficiently.

Multitasking Missteps
Assignments take longer - For example, every time you come back to an assignment you have to re-familiarize yourself with what you were doing.
You’re more likely to make mistakes - Distractions and switching between tasks tires your brain and limits your ability to focus.
You’ll remember less - When your brain is divided, you’re less able to commit what you’re learning to long-term memory.

Utilize Resources

Visit this link for all help!
- LoneStar.Edu/Student-Help

Your Professor is a Resource
- Check in with your professor if there is a preferred way to answer questions. Get information about virtual office hours.

Take advantage of being able to replay any video lectures.
More Resources to help you

Covid-19 Tutoring Services

In order to support our students while in this time of transition to completely online classes, we would like to continue to offer the services of our expert tutors. All tutoring will be done by appointment only.

Please complete the following form to request an appointment:

https://forms.gle/FAcje9zd5UdUSGoF6

After we receive your request you will receive an email with a link to your tutoring session. You will need to use a device that will allow for audio and video connections, like a phone/tablet or laptop/desktop with a camera and microphone.

Thank you for your patience as we try to adapt our tutoring to the current situation. It will be beneficial if you come to the session prepared with specific questions you would like help with.

We are here for you!

For more information, please email The Extended Learning Center at LSC-TELC@lonestar.edu
Set A Schedule

Setting a schedule will help provide structure and increase your motivations to complete your tasks. Do you keep a daily or weekly calendar? If not, use the schedule template below to start organizing your day.

<table>
<thead>
<tr>
<th>Scheduled Activity</th>
<th>Course Tasks</th>
<th>Self-Care</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8 am</strong></td>
<td></td>
<td>Breakfast</td>
</tr>
<tr>
<td><strong>9 am</strong></td>
<td>Review EDUC 1300 Lecture</td>
<td></td>
</tr>
<tr>
<td><strong>10 am</strong></td>
<td></td>
<td>Read Chapter 5</td>
</tr>
<tr>
<td><strong>11 am</strong></td>
<td></td>
<td>Complete Quiz</td>
</tr>
<tr>
<td><strong>12 pm</strong></td>
<td></td>
<td>Lunch and Social Media Break</td>
</tr>
<tr>
<td><strong>1 pm</strong></td>
<td></td>
<td>Read Chapter 6</td>
</tr>
<tr>
<td><strong>2 pm</strong></td>
<td>Tutoring Session with the Extended Learning Center</td>
<td></td>
</tr>
<tr>
<td><strong>3 pm</strong></td>
<td></td>
<td>Review Notes from Chapter 5 and 6</td>
</tr>
</tbody>
</table>
Develop New Strategies

Look for ways to shift your normal strategies and develop new ones. Times have changed but you can handle this. You are creative and innovative.

Examples:

*I Study at Starbucks or the Library* - What kind of environment helps you study? Try to recreate that at home. Find a comfortable chair instead of your bed or couch. It may also help you to change locations when you begin a new task.

*I have a study partner or group* - Try using FaceTime, Google Duo, or Google Hangouts. Also, an app called House Party also allows up to eight users on one call.

Working in Groups or Teams

Study groups or group projects may look different but you can still reap the benefits of these learning environments.

Tips:

*No Procrastination* - Those group projects are still important. Do not put it off since you are no longer face to face.

*Meet Regularly on a Digital Platform* - If you usually meet after class, schedule a study session at the same time every week.

*Set a purpose for meetings* - Set a purpose and goals for each meeting or study session. Take notes in a shared document so everyone can contribute.

*Check on each other* - If someone is missing from the group check on them. We’re all in this together.
STAY CONNECTED

Please know that we are here for you. If you have any questions or concerns please feel free to contact us.

Email: LSC-Tomball@LoneStar.edu
LoneStar.edu/Tomball