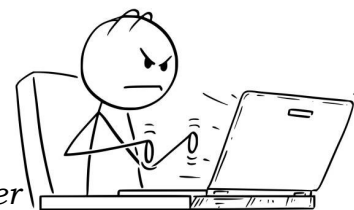


VIRUSES AND ONLINE CLASSES...

HOW DO THEY EXPECT ME TO FOCUS?



Counsellor tips on keeping yourself motivated for the rest of the semester

Context – reflect on why you are doing things

Take a few minutes, now, to write down why you are taking the course and/or completing an assignment. It may not be the greatest reason (ex. 'I need to pass in order to get my parents off my back'), but putting things into context can often help warm up our motivation.

Create realistic goals

For each course and/or assignment, think about (and maybe write down) at least one goal. These goals should be [SMART](#) where possible, but also keep in mind that your personal expectations may need to change or adapt depending on what else is going on.

Set realistic deadlines

Many students find that online content takes a bit longer to get through (and really absorb), compared to in-person lectures. Add to that the additional stressors of global health concerns and most people will find that academics goals take a bit longer to achieve. Even with all this in mind, make a calendar and set (realistic) personal deadlines for all courses and assignments – this will help keep you on track.

Keep a consistent timetable/routine

One of the most important things when completing online courses is to still maintain a schedule as though those courses were in-person. If it was an 8:30am lecture before, try your best to watch the online lecture at this time. Your brain will appreciate the consistency and continuing regular habits helps decrease the amount of energy it takes to motivate yourself.

Build accountability

Even if you are not in physical proximity with your friends or family, consider *telling them* your goals and deadlines. We all need some support every once in a while, and having somebody else to keep us accountable can be a huge help. Also consider adding in some additional 'rewards' that you can promise yourself when you reach certain goals.

Balance and boundaries

This part doesn't change, even when you are attending in-person courses. Always plan for breaks and time away from academics, where you can give yourself permission to not be so studious. These breaks become even more important when our motivation is low, so let yourself take more time away, more often.

Engage and interact where you can

If there are opportunities to engage in the course outside of passive learning, take advantage of them! This includes discussion boards, supplementary video learning, 'interesting' links that the instructor provides, etc.

Keep in contact with your instructor

Ideally you are doing this already, but keep in mind that your instructor is also now trying to navigate a world without in-person students in front of them. If you have any questions, send your instructor a message! If you enjoyed the content, or have suggestions, let them know.

Keep in mind the environment

Keep your study space separate from the other areas of your life – you want your brain to make a connection to 'study mode' as soon as you sit down with the content. If you are able to leave your room (i.e. go to a library/study room/etc.) during your study/academic time, do it. If you are self-isolating or you are not able to leave your room, ensure that you are using your desk or study space *only* for academics – go elsewhere in your room for relaxing breaks!

Socialize... within reason.

Even though you don't have physical courses, you can still set up online/virtual communities with other classmates, to help keep each other accountable (and help each other with content). If you are able to leave your room, remember that 'social distancing' can help hinder the spread of illness. But still keep in contact with friends as much as is possible – this can help build up energy for when you need to get back to studies!

Remember that the following things have not been cancelled:

Getting outside
Enjoying the sunshine
Enjoying a spring rainshower
Reading – for school or pleasure

Listening to music
Playing music
Laughing
Physical activity



Additional information

- Distance Learning at UBC has compiled some fantastic resources for learners who are studying online – check them out [here!](#)
- The most recent updates about COVID-19 as it relates to UBC will always be posted at <https://www.ubc.ca/> - keep yourself informed!
- A reminder that UBC student services are still available to students, this includes counselling:
 - Anna Kline kline@allard.ubc.ca 604.822.4928
 - [EmpowerMe](#) 1.844.741.6389 24/7
- Also available is counselling at [LAPBC](#) 1.888.685.2171