YOU’VE GOT THIS!

In this guide, we will talk about how to:

- Achieve Self-Care
- Get Organized
- Adjust to Virtual Learning
- Maintain Motivation
- Prepare your Technology for Finals
- Access Additional Resources
Achieve Self-Care

Before you can take care of others, you must take care of yourself!

- Take intentional time to care for yourself in ways that rejuvenate and strengthen you
  - Self-care is not the same as self-soothing, which refers to actions or habits that let you escape uncomfortable emotions
  - You need both self-soothing and self-care, but self-care helps you find long-term solutions while self-soothing is temporary

- Consider virtual group fitness classes and/or on-demand fitness videos
  - Follow @UNLVRebelRec on social media
  - Subscribe to the YouTube channel to plan virtual classes and get reminders
  - YMCA 360: On-Demand Videos
  - Yoga with Adriene: YouTube
  - Just simply move (safely): Stretching, walking, hiking, bike riding, etc.

- Eat healthy and avoid skipping meals
  - UNLV Nutritionist consultation

- SLEEP! Yes, you need an adequate amount of sleep

- Utilize virtual campus mental health resources like CAPS and TAO Connect

- Seek local community mental health resources: United Citizens Foundation, Red Rock Counseling, Perceptions Counseling, Vegas Strong Resiliency Center (Full List on College of Ed website)

- 7 Cups: Free emotional support online

- Mood Lifters: Mental Wellness Program

- Reach out to a trusted friend, mentor, and/or family member. You’re not alone!
Get Organized

Create a weekly study schedule
- Keep a schedule with consistent, dedicated study time
- Set daily goals for what you need to accomplish each day to stay on track with your assignments
- Mark instructor’s virtual office hours or study sessions on your calendar and plan to attend if you have questions or find yourself stuck

Dedicate a study spot
- Your brain will be primed for work and it will be easier to focus, retain information, and avoid multitasking
- Be aware of your own personal distractions.
  - This might be different for everyone but can include phones, family, pets, TV, etc.
  - Ideal study space characteristics:
    - Organized
    - Minimal distractions
    - Access to supplies
    - Lighting (natural if possible)
    - Body posture (sitting up, not in bed)
    - Make the best out of the space you have!

Organize your studying structure (with breaks).
Try the Pomodoro Technique
3 Adjust to Virtual Learning

- UNLV Office of Online Education is a great resource

How are your classes being delivered?
- Keep track of each of your classes (be sure to check-in daily!)
- Look ahead, as assignments can come quickly
- Does your professor pre-record lectures? If so, you are able to play back the recorded lectures to make thorough notes
- Openly communicate with your professor (ask questions sooner rather than later!)
- Adopt a growth mindset: Even if you don’t prefer remote learning, how can you build your skills and grow more comfortable with it?

How can you connect with classmates?
- Reach out to classmates! Bonus: fight social isolation and build community
- Answer questions, remind each other of deadlines, etc.
- Set up virtual study sessions to review complicated material
- Set up virtual hangouts through Google
  Find at least one academic virtual buddy to hold each other accountable.

How can you access academic support and online tutoring?
- UNLV Academic Success Coaching
  - Great for time management and general study strategies!
- UNLV ASC Tutoring and ASC Supplemental Instruction
- UNLV Writing Center - Online writing lab and virtual consultations
- Khan Academy
- UNLV Library has many Online Services

RebelApps: this virtual computer labs service allows students to remotely access over 40 software titles available in UNLV computer labs at no cost - anytime, anywhere!
Maintain Motivation

- Reflect on your long-term goals
  - Right now, we are all trying to get through each day, but this will not last forever. What do you hope to have accomplished in 1 year? In 5 years?
  - Why did you enroll at UNLV? What are your hopes for your experience?

- Create SMART medium- and short-term goals you’ll need to complete to reach your long-term goal (e.g., finish this semester strong, enroll for next semester)
  - Handle uncertainty by crafting multiple plans; this helps you feel more prepared and on track regardless of the changing context
  - Meet with your academic advisor to ensure you are aware of all your options

- Write down your goal(s) and place it somewhere you can see it regularly

- Share your goal(s) with friends and family and ask for their support

- Set up a system of rewards for meeting short-term goals
Prepare Technology for Finals

- Review revised syllabi, WebCampus instructions, and emails/announcements to determine the finals plan for each of your classes
  - After careful review, reach out to your instructor for any clarifications

- Make a list of technological needs:
  - Stable wifi for a timed exam
  - Test necessary programs/software on your internet-connected device
  - Discount internet services offered to local students by CenturyLink and Cox Communications

- Exam proctoring
  - Determine the proctoring delivery (instructor-developed or a private company like ProctorU?)
  - Is a webcam required? What else is needed?

- Academic Integrity
  - Maintain your honesty. As you know, cutting corners is not worth the risk
Access Additional Resources

- Financial guidance: [Opportunity Alliance Nevada](#)
- Legal Aid Center of Southern NV: [Legal & Financial Toolkit](#)
- The PRACTICE remains open for telecounseling at 702-895-1532 for current clients; no new clients at this time
- Join: [The Intersection on Canvas](#)
- [UNLV COVID-19 Updates Website](#)
- [COVID-19 Local Resource List](#)
- [Kanopy: UNLV Library free streaming service](#)
- [UNLV LinkedIn Learning: Learning and professional development online resources](#)