

# Best practices for the online student

Tips from previous and current remote students at HSC

## → Balancing classwork



- Maintain a list of your weekly to-dos. Having a visible list can help with prioritization and seeing your accomplishments.
- Connect with other students in your classes either via email or GroupMe. Connecting with others can help alleviate feelings of stress or loneliness. Classmates can also be great sounding boards for ideas or working through assignments.
- Create an effective workspace free from distractions. Choosing a place other than your bed or couch can help with your mindset and productivity.
- Utilize HSC services like the [Center for Academic Performance](#) for academic help. Many HSC resources have viable virtual options and opportunities and you will benefit from that access.

## → Wellbeing boundaries



- Set boundaries with yourself regarding the different work you do. If you currently are working alongside being in school, create clear and consistent times for you to focus on schoolwork.
- Find activities like walking, meditating, or chatting with a friend to help you transition from your professional work to your schoolwork. This helps break up your tasks and transitions your thinking from one framework to the next.
- Be consistent with tasks like sleeping and eating. Have consistent times where you allow yourself to rest properly. This will help your brain and memory to better serve you long-term.

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