With the constant stream of changes and new information coming at students, it’s important to have a sense of stability. OCSS understands that many students are adjusting to this new "normal". The following tips can help students maintain a sense of normalcy as they navigate online learning and maintain social distance.

Have a routine:
Most students are used to having a schedule; a time for class, a time for studying, and a time to relax. Whether you are back at home, or in your off-campus housing. Try setting a schedule to maintain a daily routine. You can even have alternating routines on different days. Try out a Monday, Wednesday, Friday routine, a Tuesday/Thursday routine, and a weekend routine!

Stay Organized:
Try to keep school related items in one location. If you study in a certain room, try to keep all of your material in that same room. Not possible? Find a storage item like a plastic tote or a box to keep your textbooks, notebooks, and other learning materials. Try to place everything back together after use to avoid losing items!

Check in Regularly:
Missing your classmates? Establish a weekly group chat! Choose a day and time to set up a reoccurring meeting through a video conferencing app. Classmates can pop in to chat, say "Hi", or talk about class content. Be sure to also check in with your professors if you have questions about content or are having a difficult time adjusting to online learning.

Practice Self-Care:
Practice self-care by taking needed breaks from the screen! Self-care doesn't have to mean expensive bubble baths, face masks, and massages. If you are finding yourself overwhelmed, try to find an outlet to practice self-care that fits your needs. This may be taking a nap, watching your favorite show, or sitting on the porch to breath in fresh air. Find something that works for you!