

## CROWDSOURCING LEARN-FROM-HOME STRATEGIES FOR COLLEGE STUDENTS

Think about your study location. Will you be more likely to stay on task if you and your parents and siblings all work at the kitchen table, or will you do better away from people?

When public libraries eventually re-open, consider going to yours if you think you'll do better there.

While stuck in the house, it can feel like work can get done at any time. This will make it easier to get behind.

Figure out when you'll be able to focus best. Are your parents and siblings all doing their work at the same time? If so, does that help you stay on track? Or

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Wear headphones and choose your music carefully. Try to pick something without words so that the music won't interfere with your comprehension of reading or distract your thought process while you write or work on problem sets.

Try the [Pomodoro](#) method of working for 25 minutes, taking a five-minute break, then repeating this pattern 3 more times in a two-hour block. Some students find it motivating to know they only have to work 25 minutes before they can have a brief break.

Keep a fidget object nearby. If you don't have one of those little stress balls, take a few minutes and make your own infinity cube using Youtube to search helpful DIY ideas for fidget toys, playdough or etc.

Shower and dress the same way you would for class on campus to sit at the computer your online classes. It may help you stay focused if it feels a little more like you're really attending class.

Even if you're recorded to watch later, ~~see~~ attend your classes if professors are running them live. It will give you a chance to ask questions and see what your classmates are asking, too.

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set a time each day to meet on Facetime or another platform, but instead of talking, just do your reading together. This creates a sense of obligation for yourself to sit down and work because you don't want to let your friend down by not showing up. Switch days being the study hall monitor. Assign someone to keep yourselves on track and not distract each other. (Helping each other when someone is stuck is okay.)

As part of your schedule, block in time to hang out with your friends on gaming or social networking platforms for non-work-related socializing, too.

Print the syllabus and check off as you go (great visual).  
Write down deadlines

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As of March 23, the PAAC has moved to online services. **Supplemental Instruction** is held

## **CROWDSOURCING LEARN-FROM-HOME STRATEGIES FOR COLLEGE STUDENTS**

Student Health and Wellness, Counseling Services has moved to Tele-Mental Health counseling services rather than face-to-face appointments for the duration of the semester or until the social distance recommendations are lifted. This means students can access safe, secure Tele-Mental Health counseling from anywhere they have internet access. Tele-Mental Health will be delivered through a **HIPPA secure** platform called ZOOM.

Eligibility to receive Tele-Mental Health services:

Currently enrolled in classes at Texas A&M University-Kingsville or the Irma Lerma Rangel College of Pharmacy

Student must be in the state of Texas at the time of service delivery

Ability to connect to a meeting on-line through ZOOM

- Access to the internet
- Access to a confidential location

Between the hours of 8 a.m. - 5 p.m. Monday through Friday, Tele-Mental Health appointments may be scheduled by calling:

**Student Health and Wellness** 361.593.3991

**Renée Weiss**, Assistant Director 361.593.4471

Students may also call a Professional Counselor to schedule a Tele-Mental Health appointment:

**Maria Coolbaugh** (office) 361.593.3492 or (cell) 361.589.5034