



Don't attend your online class laying in bed if you can help it

Sitting up at a desk will help you focus instead of relaxing, and doing too much work in bed can trick your mind into thinking it's a place for work rather than for rest!





Join your online class 5 minutes early each time

Just in case you have technical difficulties! Professors often make announcements at the start of class that you won't want to miss.





Write all of your assignment deadlines onto a calendar

Add them a couple of days before the real deadline – that way you stay on top of things!





Be the first one to send a message in a breakout room!

People often wait for someone else to talk first, so get the conversation going right away!



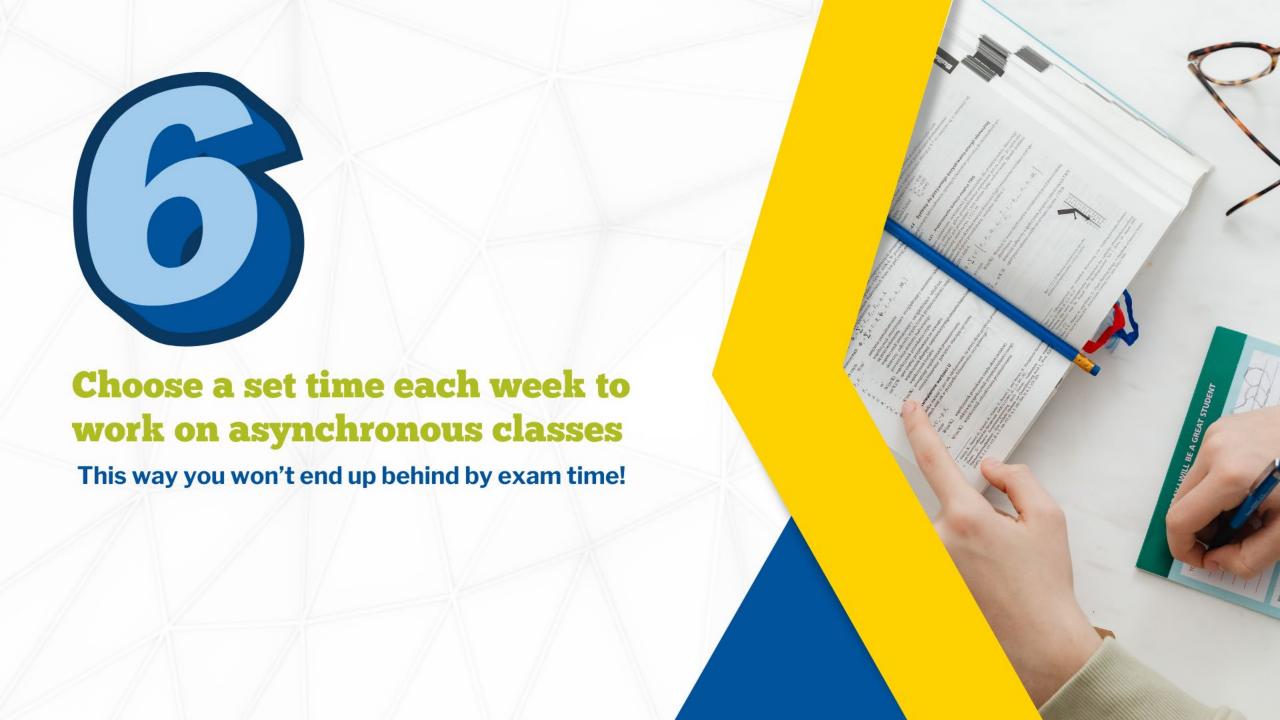


Download Zotero on your computer - this will save you hours!

It is a referencing software where you can save all the articles you're reading and make (and change) references.

Visit Zotero.org to learn more!







Thinking hard burns lots of calories

Be sure to take breaks and have snacks – don't forget to bring some with you to campus too!





Change up your study spot frequently!

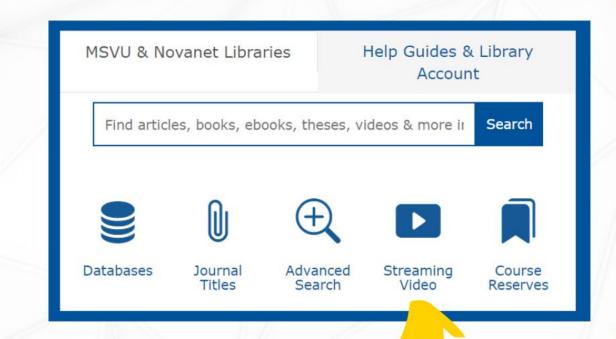
This makes studying less boring. Try changing rooms, sitting outside, coming on campus, or visiting a local coffee shop or library!





Need a break?

Stream movies online for FREE with Novanet! Just go to MSVU.ca/Library





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