How to Be a Successful and Healthy Online Student: Advice from Occupational Therapy Students

**STAY ON TOP OF IT**
- Keep your regular daily schedule
  - Try to wake up, get ready, eat, and go to bed at regular times
- Create a to-do list
  - Check off completed tasks

**SET UP A WORK ZONE**
- Set up a comfortable, well-lit area and designate it for school
- Avoid working from the couch or bed, because you may not be able to focus

**ENGAGE IN CLASS**
- Participate
- Don’t be afraid to ask questions
- Minimize distractions during class time

**SCHEDULE BREAKS**
- Work in pockets of time
- Take a break from your screens
- Take breaks between classes to move around

**COMMUNICATE**
- Keep in contact with friends and family
- Schedule time to socialize via calling, texting, or using social media

**SELF-CARE**
- Take a walk and get some fresh air
  - Maintain a distance of 6 feet from other individuals
- Drink plenty of water
  - Aim for eight 8 ounce glasses
- Eat a healthy snack
- Meditate, relax, or do something you enjoy