



CENTER FOR ACADEMIC  
SUCCESS AND TRANSITION

# COVID-19 moved all my classes online... Now what?

Our CAST Coaches often talk to students about how different the Spring semester can be. It can take a few days to get in the groove after the long holiday break, and then there's the loooooong stretch without a day off until Spring Break finally hits and provides some relief just in time for the stress of finals.

Somehow, that all seems way easier to handle now that COVID-19 is complicating things.

So here we are, out in the deep, trying to navigate these uncharted waters and figure out how to best complete the Spring semester. You may be feeling anxious faced with so many unknowns right now. We are too! The good news is--we're all in this together. And we're here to help you come up with a plan to see you through.

Let's get started!

## Get Ready for Remote Access

### MAKE A PLAN FOR INTERNET ACCESS

- Do you have reliable internet at home?
- If not, where can you get access for your coursework?

### CHECK YOUR HUSKER EMAIL

- No more excuses - log in and check your @huskers.unl.edu email daily for important updates and messages from instructors

### MAKE SURE YOU HAVE THE RIGHT TOOLS

- Husker email
- Office 365
- Canvas
- Zoom
- Skype
- Course materials (textbooks, notes, updated syllabi, etc.)

### TURN ON CANVAS NOTIFICATIONS

- As instructors move courses online, there may be a lot more activity in Canvas. [Click here to turn on notifications.](#)

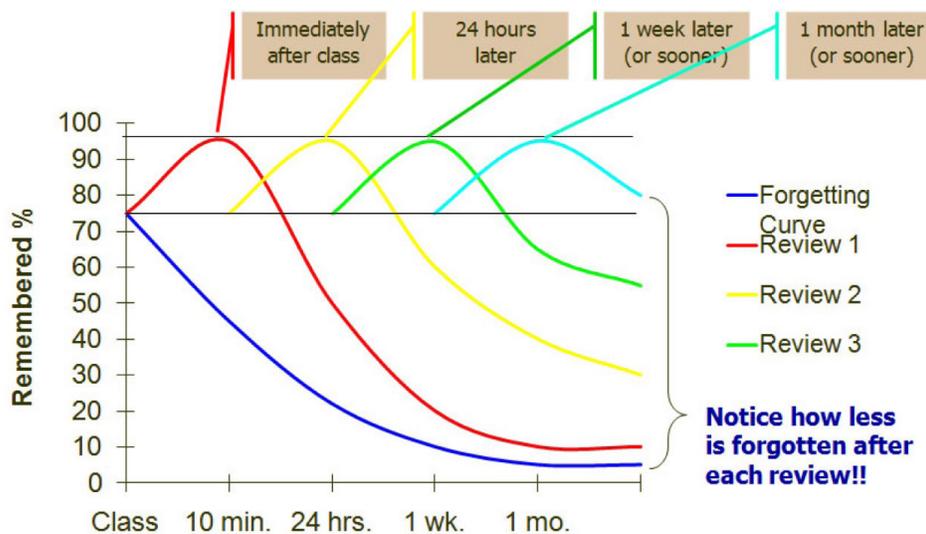
### BOOKMARK UNL'S COVID19 INFO PAGE

- Keep up with the latest University updates and keep track of new info by visiting <https://covid19.unl.edu>

# How to use the two weeks “off” wisely

Even with COVID-19 quickly closing down travel, sporting events, concerts, and schools across the country, it still might feel like you’ve just been granted an extra week of Spring Break. We hope you can take a little time and practice some self-care, but it’s also important to not let the last few months of hard work go to waste.

If you’ve had a coaching appointment with one of the CAST staff, or visited one of our Academic Success Workshops, you’ve likely heard us talk a lot about “The Forgetting Curve” and how important it is to regularly review information for your classes to help it “stick” in your long-term memory. The Coronavirus may have knocked the end of the semester off kilter, but your brain still needs you to keep up with your study and review sessions to make sure you don’t lose all that valuable information, especially if you have cumulative finals in any of your classes.



## Let's get organized

Faculty and staff are working hard for the next two weeks to move all coursework online, which means you are likely waiting for some of the details you need to put a really solid plan in place. However, there are some things you can be doing now to prepare and help make the transition go more smoothly. Here are some things to think about these next two weeks:

### EMAIL TRIAGE

A lot of email has probably hit your inbox already, and there's going to be more as classes shift online. Now is the time to get organized!

- Check email daily
- Create a folder for each class and sort messages regularly
- Email professors and support staff (like advisors and CAST coaches) with questions. We're here to help!

### PLAN YOUR TIME

If you've never mapped out a study schedule, no more excuses! If you've been rockin' one all semester, it's going to be time for an update.

- [Print out a study schedule](#)
- Make sure you're dedicating enough time to each of your classes.
- Discuss your schedule with family/roommates and set boundaries if needed.

### SET UP A STUDY SPACE

Some spaces are just better for studying than others (like studying in the library vs. sitting on your bed in your room). Now that you're home, you might need to rethink your study space to maximize learning.

- Create a “distraction free” zone (no TV, put away phones, etc.)
- Get comfortable (but not too comfortable)
- Look for good lighting and keep things tidy.